<h1>Welwyn Garden City Nishido Newsletter</h1> Nishido Camp 16th to 18th July 2010 Summer Karate Camp is once again at Debden campsite near Loughton, Essex. This will be our tenth camp at Debden, and I hope it will be supported as well as previous years. If you haven't been before then ask your friends at the club, I'm sure they will tell you it is great fun.

Every effort is made to have a safe and community atmosphere and of course parents/family/friends are very welcome to join us for the weekend. Whilst it is preferable children are accompanied, your child may come alone, but I will need a parent/guardian to sign a consent form in advance. To reassure parents, there are lots of responsible adults and families to care for the children and I have strict camp safety rules that must be followed!

The cost for the weekend is £25 per adult student and £17 for children under 16. This includes all training and camping fees. There is a discount for families of over 5, if this applies please let me know and I'll work it out for you. Unfortunately, due to increased charges by Debden campsite, we will have to make a charge for non-training guests of £15 per adult and £7 per child aged 4-16 to help cover the camping costs. I hope this does not put off parents and family wishing to come along, you are very welcome to join us and enjoy a weekend camping and games. Most of you have already told me that you are coming, but if possible I would appreciate part payment of 50% as soon as possible since I have already sent a large deposit to Debden.

We will be camping in tents for the two nights, so if you have access to a tent and camping gear then please bring it. If not let me know in advance and I'll try to help out as I have a couple of spare tents, or will co-ordinate sharing if appropriate. Some more information and a list of things to take with you are attached to this newsletter.

We leave on Friday 16th July at 6.00pm from Homerswood School car park. Please arrive before 6 so we can organise lifts for those without transport. If students with transport are unable to meet at this time, I can provide a map with directions to the campsite. We leave Debden on Sunday 18th in the afternoon aiming to get back about 4pm.

Obviously there will not be a club session on Friday 16th, but club resumes the flowing Friday for a normal session.

I hope you enjoy the camp; as well as being good fun, it provides a team atmosphere that is an important part of your training in Karate-do.

Email me sensei.dave@nishidokaratekai.co.uk if you have any questions or concerns about camp or wish to know more about Karate-do.