



Easter 2018

First name _____

Surname _____

First name _____

Surname _____

Name _____

Age (child 1) _____ DOB _____ M/F

Age (child 2) _____ DOB _____ M/F

Email _____

Mob no _____

Home no _____

Address _____

Post Code _____

Medical details or any information we should be aware of _____

How you heard hear about us? _____

If paying by cheque please make payable to C.A.C.L.

Gym Camp: £75.00 x _____

Total enclosed £ _____ (Cash/cheque)

I am a C.A.C.L member have paid £ _____ online

Date paid online _____

☺☺ 5% discount off the total amount for siblings

* Fees refundable less £20 deposit before Friday 9th March.

* Fees are non-refundable after Friday 17th March

I give permission for my child to be photographed for CACL purposes only (please tick)

I understand the terms and conditions

C.A.C.L. Easter Gym Camp

Tuesday 3rd-Friday 6th April
The University of Brighton
Sports Centre
Eastbourne



We are also running a C.A.C.L. Easter Football Camp alongside the Gym Camp at The University of Brighton



C.A.C.L.
SPORTS

Established in 1980

CACL Office: 28 Rowsley Road,
Eastbourne,
East Sussex, BN20 7XS
01323 730467 /
info@caclsports.co.uk
www.caclsports.co.uk



C.A.C.L.

GYMNASTICS
CAMPS

EASTER 2018

FOR BOYS AND GIRLS
4 – 10 YRS OF ALL ABILITIES

Tuesday 3rd – Friday 6th April
9.30am – 12.30pm

AT THE UNIVERSITY OF BRIGHTON SPORTS
CENTRE, DENTON ROAD
EASTBOURNE, BN20 7SR



We are proud of our reputation.
C.A.C.L. coaches children throughout the year
at The University of Brighton Sports Centre,
Eastbourne. We have organised and managed
sports camps in Eastbourne for over 34 years
and look after 500 children during our weekly
sessions.



C.A.C.L. GYM CAMP EASTER

What happens at C.A.C.L. Gym Camp? The Gym Camp will be held at our C.A.C.L. Gym Club venue, The University of Brighton Sports Centre, Eastbourne. Children will have lots of fun with games and activities throughout the mornings in our safe and well-equipped gymnasiums.

Our Facilities & Equipment:

The Club has two excellent Gymnasiums, one of which has a matted floor area, portable tumble track and trampoline. The other is equipped with gym mats, safety mats, beams, asymmetric bars, vaulting apparatus, benches, ropes, trampettes and junior foam gym equipment.



Enjoyment with sensitive & qualified staff:

As always, our aim is for the children to really enjoy themselves, by working within their ability range and towards achieving their potential without any pressure. Our senior coaches are British Gymnastics qualified and are ably assisted by other coaches who have undergone training sessions to ensure they are very sensitive to the needs of each child and are always at hand to help.



Presentation & Awards:

Gymnasts will be working towards the British Gymnastics Proficiency Award Scheme during the week. Family & friends are invited to watch the **presentation which will take place on the last camp day (Friday 6th April) at 12noon**. All gymnasts will receive a CACL camp kit bag; group photo; certificate of attendance & any badge awards achieved during the week can be purchased towards the end of the week prior to the presentation at £3.50 each (optional).



The Bouncy Castle & Trampoline: Kids love "bouncing"! We have a superb bouncy castle & trampoline which will be used at various times throughout the week & supervised at all times.

WHY SEND YOUR CHILD TO C.A.C.L.?

- ✓ We look after over 350 young Gymnasts each week at our C.A.C.L. Centre from all Schools over Eastbourne.
- ✓ We offer superb & safe facilities.
- ✓ Our Coaches are qualified or highly experienced gymnasts themselves and are all CRB checked.
- ✓ All activities are geared to the age, ability and pace of the children.
- ✓ Our senior coaches are qualified in First Aid.
- ✓ C.A.C.L. has run gym camps in Eastbourne for over 33 years.
- ✓ Parents from all over Eastbourne and surrounding areas send their children to C.A.C.L. because our aim is to provide the best possible coaching environment for all gymnasts.
- ✓ C.A.C.L. Gym Club is officially approved as a safe, effective, child friendly club. The club gained its GymMark status on the 11th December 2007 and have recently been re-accredited.



GYM CAMP QUESTIONS?

When?

Tuesday 3rd-Friday 6th April, 9.30am -12.30pm
A presentation will be held on Friday 6th at 12noon if you wish to attend.

Where?

The University of Brighton Sports Centre, Denton Road, Eastbourne, BN20 7SR.

How much?

The cost of the camp is £75.00. Each child will receive a Camp kit bag, a certificate and group photo to take home at the end of the week. **We are cost for family bookings*.*

What should I wear?

Shorts/leggings & leotard/
T-shirt – something comfortable to move around in. Long hair should be tied back & no jewellery to be worn.



Snack & drink breaks

Please send your child with a substantial, healthy snack such as oat bar or small sandwich & a piece of fruit with a large, non-fizzy drink in a water bottle each day.

Camp Photo

We will be taking a group photo during the week. Please tick the box on the form if you are happy for your child to be in the photograph. You will receive a complimentary copy of the photo at the end of the week.

****We are also running a C.A.C.L. Easter Football Camp at the same venue on the the same dates! Please let us know if you would like further details*.***

If you wish to attend the camp please fill out the form, enclosing the full cost of the camp to:

CACL Coaching
28 Rowsley Road, Eastbourne,
East Sussex, BN20 7XS
01323 730467

For further info contact C.A.C.L. SPORTS CAMPS

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