

**C.A.C.L. GYMNASTICS CAMP  
EASTER 2019**

Participants first name \_\_\_\_\_

Participants surname \_\_\_\_\_

Participants first name \_\_\_\_\_

Participants surname \_\_\_\_\_

Age (child 1) \_\_\_\_\_ DOB \_\_\_\_\_ Gender M/F

Age (child 1) \_\_\_\_\_ DOB \_\_\_\_\_ Gender M/F

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Email \_\_\_\_\_

Contact no. \_\_\_\_\_

Emergency contact name \_\_\_\_\_

Relationship to child \_\_\_\_\_

Contact no \_\_\_\_\_

School attending \_\_\_\_\_

Medical/health information and any treatment/medication we should be aware of \_\_\_\_\_

How you heard about us \_\_\_\_\_

\*Permission for group photograph at camp

\*Permission for any photos of child to be used for CACL promotion

\*I agree for CACL to contact me via email about activities that I might be interested in

\*I agree to emergency medical first aid in which the opinion of a first aider is necessary

\*I have read and agree to adhering to the clubs code of conduct

Signed(Parent/Guardian) \_\_\_\_\_

Gym Camp: £75.00 x \_\_\_\_\_

Total enclosed £ \_\_\_\_\_ (cash/cheque)

I have paid £ \_\_\_\_\_ online

Date paid online via Paysubs \_\_\_\_\_

I have paid £ \_\_\_\_\_ by BACS

Date paid via BACS transfer \_\_\_\_\_

- If paying by cheque please make payable to C.A.C.L.
- If paying by BACS account details below Natwest Bank; Account no:86903160; Sort Code: 52 41 00. Please ref your name & 'Gym Camp' & inform us on here the date paid in. Thank you.

**C.A.C.L. Easter Gym Camp**  
Monday 8th-Thursday 11<sup>th</sup>  
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 2019**

FOR BOYS AND GIRLS  
4 – 10 YRS OF ALL ABILITIES

**Monday 8<sup>th</sup> – Thursday 11<sup>th</sup> 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 35 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, 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 (Thursday 11<sup>th</sup> April) at 12noon**. All gymnasts will receive a C.A.C.L. camp sports water bottle; group photo; certificate of attendance & any British Gymnastics badges awards achieved during the week. These can be purchased towards the end of the week prior to the presentation at £3.50 each (optional).



## The Bouncy Castle & Trampoline:

We all know that kids love "bouncing"! We have a superb bouncy castle & a full size trampoline which will be used at various times throughout the week during apparatus rotations & 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 35 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 11<sup>th</sup> December 2007 and have recently been re-accredited.



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

CACL Office: 28 Rowsley Road,  
Eastbourne,  
East Sussex, BN20 7XS  
**01323 730467**  
[info@caclsports.co.uk](mailto:info@caclsports.co.uk)  
[www.caclsports.co.uk](http://www.caclsports.co.uk)

## GYM CAMP QUESTIONS?

### When?

Monday 8<sup>th</sup> - Thursday 11<sup>th</sup> April, 9.30am -12.30pm  
A presentation will be held on Thursday 11<sup>th</sup> at 12noon if you wish to attend.

### Where?

In the superb fully equipped gymnasiums of 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 sports water bottle, a certificate and group photo to take home at the end of the week.  
*\*We are offering a 5% off the total 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 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**