



SUMMER CAMP 2013
MAWGAN PORTH, NEWQUAY

We are pleased to announce this year we have extended summer camp to a week, as requested. It will run from Thursday 15th August to Wednesday 21st August in Mawgan Porth near Newquay. There will be up to 16 hours training split over the 7 days giving you time for a bit of relaxation and exploration in picturesque Cornwall. As normal we will be offering activities for daytime fun!!!!



Who can come?

All students are welcome although those under 18 years of age must be accompanied by an adult as a chaperone. Chaperones will be offered a special family rate that will not include costs for training etc. Children under 6 years go free this year.

Accommodation



"A weekend where you can look back and see how valuable it has been" BLF

"Thank you for such an inspiring, though provoking and empowering experience...one that will remain with me for a very long time." ES

"We all had a really good time and have made some good friends from Grants team and will all be staying in touch." LF

"MINT"!! DF

The camp will be held again at Retorrick Mill, a rustic farm holiday campsite with lots of private grounds enjoyed last year by all!!! Retorrick Mill is based in Mawgan Porth and only a twenty minute walk from the beach. They offer a choice of accommodation. The package is based on 'back to basics' camping in tents, which you will need to bring yourselves but you can upgrade with the site directly for more luxurious accommodation if you wish!!!!



What is on offer?

There are several different packages to choose from, to make it as affordable as possible.



There will be lessons in the morning and also at teatime for around 2 hours each covering a number of different subjects.

These will cover work on dynamic kicking including trying some of the more athletic and acrobatic kicks as well as lots of technical work, self defence and pad work. There will be a few lessons aimed at more cardiovascular development, another word for hard fitness work and possibly some weapons training too.



The rest of the day is free to get out and explore or chill out!!

There is also an activity package which will include two drives on the exciting go karts at St Eval and a two hour surfing lesson with Kingsurf, the local surf school at Mawgan Porth.



The package also includes a BBQ on one evening for everyone to attend.



SURFING

Kingsurf operate from Mawgan Porth beach and offer great instruction for all levels whether it is your first time or not.

All instructors are qualified, insured, CRB checked and very friendly, so may join us up at Retorrick Mill for drinks!!



GO KARTING

St Eval go karts are very close to Mawgan Porth and have a great variety of go karts for all ages. Some of the over 16 yrs karts go up to 70 mph!!! In the activities package you will get two drives on the day we visit which will mean that you will all have at least 20 minutes driving time. All drivers get fastest lap times too for all you competitors out there!!





How to get there?

Travelling down to Cornwall will be down to you but there are several ways to do it.

By car or train will take at least 8 hours from Newcastle but there are flights available from Newcastle airport that can fly direct to Newquay airport which is only literally 5 minutes from the campsite and beach areas.

If a flight cannot be found from Newcastle there are also flights that leave from Edinburgh,

Manchester and Teesside and also flights operate from Newcastle down to nearby Exeter and Plymouth, where a car journey would only be around 90 minutes to get to the camp.

If enough people are interested in travelling by bus, the club will help to arrange this.



What protection do you have?

All the training and martial art instruction will be covered by Mr Churchwards own liability insurance as long as you are part of the TAE with a current Licence. Both the Go-Karting and Surfing

lessons are covered by their own policies. Cover is not provided for travelling and accommodation. Please arrange this if it is required.



Mawgan Porth Beach

Mawgan Porth beach is only a 15 minute walk from Retorrick Mill and the beach is manned by RNLI lifeguards all through the summer.

Lowtide reveals fantastic sand that will provide one of the settings for some lessons, depending on tide times.

There are great coastal walks for those who like to be active and there are a couple of shops and restaurants to choose from. You can eat, drink, relax or hire out

surfing and body boarding equipment from Betty's Surf shop.

The surf is normally up too!!!!



What will it cost?

We have been able to keep the cost low this year even though it is a longer camp and as normal have several different packages to allow as many of you as possible to come to what was a really good experience to all involved last year and promises to be as good this time round if not better!!!

All students will take part in at least a months' worth of training in just seven days!!!

Family member package- Cost.....Junior £ 50/ Adult £85 per person.

This package covers chaperones for under 18s and other family members who wish to attend. Offer includes 6 nights' accommodation and the barbecue.

Family member plus activity- Cost.....Junior £95/ Adult £140 per person

This is an upgrade so that you can chaperone but also join in on the activities.

Basic Training only package- Cost.....Junior £90/ Adult £125 per student

This package includes accommodation, barbecue night and all training lessons offered.

Full student package- Cost.....Junior £135/ Adult £180 per student

This will offer you everything on offer for the seven days. You will get the accommodation, barbecue, activities and all lessons available.

How to book your place?

If you would like to book into this or want more information please contact Mr Churchward. To book your place, please complete the attached booking form and pass to Mr Churchward along with your deposit. It is likely that this will be open to all TAE students and it may be that other schools from different organisations may come too if it is beneficial to the quality of the camp.

