



“Training Every Student To Be A Teacher...”

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# JUVENILE TRAINING CAMP

## WAZA TRAINING / FITNESS / FUN

**FRI. JULY 10** STARTS AT 7:00 PM

**SAT. JULY 11** ENDS AT 2:30 PM

**COST: \$50.00 / PERSON**

### WHO CAN PARTICIPATE?

- 13 – 17 YRS OLD
- MUST HAVE SIGNED RELEASE FROM PARENT
- 2<sup>ND</sup> KYU BLUE AND ABOVE
- MUST HAVE A WILLINGNESS TO PARTICIPATE...

**YOU BRING:** YOUR GI, HEALTHY SNACKS & MEALS (SATURDAY BREAKFAST AND LUNCH), APPROPRIATE PJ'S (BAGGY AND WARM), SLEEPING BAG, PILLOW, NOTEBOOK & PEN, COMFY CLOTHES

**NOTE: NO VIDEO GAMES / CELLPHONES / TEXTING DEVICES / WALKMANS / MP3 / IPODS...**

(Parents note: A phone will be available onsite if required)

RSVP to [metrokarate@ns.sympatico.ca](mailto:metrokarate@ns.sympatico.ca) by July 7th