



Inverness, August 2009

### **Kids Camp**

Next camp available is Monday 17<sup>th</sup> August. Drop off from 8am and pick up till 6pm. Please bring outdoor as well as indoor clothing and packed lunch. Camp is only £20 for the day.

### **Landmark**

Our annual trip to Landmark is scheduled for Sunday September 6<sup>th</sup>. We will be meeting up with the students from Buckie and Forres again this year so please book your place now. Cost including bus is £8. Payment with names please.

### **Beach Training.**

We are having a training session at Nairn beach on Sunday 23<sup>rd</sup> August. 10am start and we will meet at the car park at the caravan site. Please bring a change of clothing and a sense of humour! Sorry kids but this is only open to the Taekwon-do seniors, cools, kids advanced and Kickboxing classes. Still on even if it is raining (you're going to get wet anyhow!)

### **Sparring**

Due to another increase in insurance cover we have to inform you that all safety equipment recommended should be worn in these classes. This includes gloves, feet, head guard, groin guard (male) body armour up to 12 years old. Gum shields are optional but highly recommended. Our club can supply all items and we would prefer if you bought through us as some people have bought out with the club and have had to return it as it was unsuitable for the job intended. Please note that you can get different equipment for different competitions so ask first if you are not sure.

### **Black Belt Exam**

This is scheduled for the weekend of 19<sup>th</sup> September. If you are grading or pre testing your forms should be in by 15<sup>th</sup> August along with your thesis if required.

### **Miss Sommerville**

Sadly she has moved to Cambridge to take up a new job there but we would like to thank her for her input to the club over the last months and for her help in raising money for club funds.

### **Saturday Morning Classes**

We will continue with Saturday morning training at least until the end of this month as it seems to be popular at this time.