



# TAN'S Club Camp

## 4-6 Sept 2009

### Tallebudgera Rec Centre - Gold Coast

#### INFORMATION SHEET – Please bring to camp.

Congratulations on attending our 22nd year of Camps. The weather looks great and warm. Being on the beach, there will be plenty to do apart from Taekwondo. For those who haven't been, our camp is not just for Taekwondo students. Only 25% of the time is spent on actual training. The rest of the time is spent relaxing away from the city and having fun with other club members. There are 7 beds in each cabin; which will be allocated on gender basis. Each cabin will have its own toilet and shower facilities. Please confirm what time you shall be arriving - Michael Tan on 0404 052609. Friday's dinner is between 6 – 7pm. Please advise if you wont be making dinner.

#### Transport:

To keep camp cost down there will be no bus. Instructors will try and organise car pooling. Please try to arrive before 6pm.

**Tallebudgera Outdoor  
Recreation Centre**  
1525 Gold Coast Hwy  
Tallebudgera Qld 4221  
Ph 5507 0200

#### Directions

- Best to use the Pacific Hwy through Nerang to Burleigh Heads.
- Take a left of the Pacific Hwy onto Ready Creek rd.
- Travel south from Burleigh Heads passing the Burleigh Head national park on your left.
- Just after the Tallebudgera Creek you will see the New recreation Centre.
- I shall be in the grounds from 5pm onwards. Please advise if you are arriving after 8pm.
- Accommodation Building – To be advised



Emergency Contact – Camp Site Ph 55 07 0200

Michael Tan - 0404 052 609



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#### What do I bring

You will be going away for only 2 days so pack wisely. Please mark all items with your name and phone number for identification.

Clothing	Equipment
<ul style="list-style-type: none"> <li>Tracksuit and Pyjamas.</li> <li>Swimmers &amp; towel</li> <li>T'Shirts &amp; Shorts</li> <li>Shoes &amp; Runners</li> <li>Socks and Underwear.</li> <li>Jumper</li> <li>A hat</li> <li>TKD Uniform and belt</li> <li>Plain T'Shirt for screen printing.</li> </ul>	<ul style="list-style-type: none"> <li>A torch</li> <li>2 Towels.</li> <li>Sun screen</li> <li>Toiletries- Toothbrush ,toothpaste. Soap and shampoo</li> <li>Pillow, Sleeping bag or blankets.</li> <li>NO eating Utensils are needed.</li> </ul>

Friday	4 <sup>th</sup> Sept
3 - 4 pm	Depart Brisbane/Gold Coast
5 - 6:00 pm	Arrive Unpack.
6.00 – 7.00	Dinner
7.00 - 8.00	Free time
8-00 – 9.00	TKD Training (Court 3)
9:30 pm	Supper
10.00 pm	In Cabins
10:30 pm	Lights Out



**7 to each Modern Cabin.**

Saturday	5 <sup>th</sup> Sept	Sunday	6 <sup>th</sup> Sept
6.30 - 7.30 am	Beach Training	6.30 – 7.30 am	Beach Training
7.30 – 8.30 am	Breakfast	7.30 – 8.30 am	Breakfast
9.30 - 10:30am	Screen printing	9.00 - 10:00 am	Training Court 3
10.30 am	Morning tea	10.30 am	Morning Tea
11.00 – 12.00pm	Beach Olympics / Swim (Creek)	11:00 – 12:00 pm	Pack - Clean up
12:30 - 1:30 pm	Lunch	12:00 pm	Depart Camp Site
2.30 – 4.30 pm	Training (Currumbin)	Parents please arrive at 11.30am- 12 pm to pick up students.	
5.00 - 6.00 pm	Rest		
6:00- 7.00 pm	Dinner		
8:00– 10.00 pm	Video / DVD		
9:00 pm	Supper		
11:00 pm	Lights Out		



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TAN'S Club CAMP  
Accommodation Building –  
Room 1 Chumau & Room 2 Garragull