

# DFSK/INTER-FREESTYLE NEWSLETTER

## January 2010



Hi everyone,

It's good to finally start training again after the extended Christmas break due to the snow! 2009 was our most successful year at DFSK with the overall competition results we amassed. Now we must start training hard towards another successful season in 2010.

### Competition News - Round up of 2009 results

British Champion & European Silver medallist - Gemma Upfold

British Champion - Matt Foot

Welsh Champion - Bomber Killick

Superleague Grand Champions - Jack O'Riordan, Bomber Killick, Gemma Upfold, Matt Foot, Leggy Holland

There were also a large number of students who entered their first competition, competed on behalf of DFSK or won individual events. The 2009 overall results for each student have been recorded and are available for anyone to see - speak to Claire for further details.



### 2010 competition dates

These are attached as a diary to the end of this newsletter. We would like as many students as possible to take part and compete this year as part of both a junior and senior squad. First competition will be at Watford on 31<sup>st</sup> January. Squad will also be going to the Irish Open in

March - flights & hotel have already been booked. However there is still time for you to join them if you would like to compete. See Steve/Claire for details.

### **Christmas Karate Party & Annual Awards**

The Annual Karate Party and Awards celebration were held on Sunday 13<sup>th</sup> December and included a review of the past year and presentation to our award winners in the following categories:-

Best Newcomer

Ashley Harper

Most Improved

Tom Hampshire

John Lock Memorial Shield (Student of the Year)

Gemma Upfold

Fighter of the Year

Jack O'Riordan

Senior Student of the Year

Leggy Holland

### **Extraordinary General meeting of DFSK**

We will be holding an EGM on Sunday 28<sup>th</sup> February and this will be to present the 2008/09 accounts and round up of that year along with voting in a new committee. We urge you to attend. The club would not run without a dedicated band of volunteers and we need your support to ensure the club continues to grow and be successful. An agenda will be sent out to all members detailing the committee positions up for nomination. Anyone interested in coming onto the committee let Claire know by 21.02.10 so your nomination can be put forward.



### **Funding, Grants & Sponsorship**

We are continually researching what strands of funding may be available to the club but if there is anyone out there who is a whizz at the grants and funding hunting process then please get in touch with Claire urgently! We would specifically like to hear of any monies that might be available to support a squad nationally or individual fighters competing internationally as this is always a difficult area to gain funding for.

### **Active Surrey Club Accreditation**

We are in the final stages of obtaining Gold accreditation for the club and hope to complete this in 2010. The accreditation shows that your club has worked hard to improve and develop the club environment in order to make it as safe, friendly and welcoming as possible. We have also worked in conjunction with different sports development professionals to develop the club and offer a high quality of teaching and sporting opportunity to all students.

### Gradings

Grading sheets can be obtained on request by email or from Steve at the Club. Please check the Noticeboard at North Holmwood, for further information. Steve will advise students when they should prepare for their next grading. If in doubt please ask Steve. Next grading date will be held on **Sunday 28<sup>th</sup> March from 11.30 onwards.**

### Insurance & Membership Reminder

All students must be fully insured with the Amateur Martial Association (AMA/WAKO). Fees are £35.00 for Seniors and £25.00 for Juniors and will cover you for a 12 month period. Application forms from Claire. Please note that Gradings cannot be taken if you do not have valid club Insurance & Membership.

### Club Uniform & Sale of Equipment

Note from Steve - Students must wear correct club kit of t-shirt & trousers as soon as they become club members and must wear this clothing when taking any grading at the Club. Kit should be purchased directly from DFSK. New clothing & equipment is held at the North Holmwood Village Hall and is available for sale on Wednesday evenings (7.30 pm - 9.00 pm) and Sunday mornings (10.00 am - 11.00 am) when Claire is in attendance. Either turn up or ring Claire in advance if you want to know if certain items are in stock. Price lists published on Club Noticeboard and Website.

### Subscription fees

Please remember these are due monthly at the beginning of each month and should be paid by standing order. A standing order form is available from Claire.

#### **1 session per week (pre agreed day)**

Junior            £20.00 per month or £6.00 per session (this will be the rate per session if the monthly fees are not paid at the start of each month)

Senior            £20.00 per month or £7.00 per session (this will be the rate per session if the monthly fees are not paid at the start of each month)

**Additional sessions (if you have paid for month in advance of 1 session pw) will be £5.00 for both Junior & Senior members**



### Contact details

It is very important that Claire has up to date contact information for you. If you now have an email address please let Claire know as future newsletters and other club information can then be sent to you directly by email.

Steve/Claire Foot - 01306 884181

Steve mobile - 07970 408260

Websites

[www.dfsk.co.uk](http://www.dfsk.co.uk)

[www.interfreestyle.co.uk](http://www.interfreestyle.co.uk)

**Training at following locations (maps on website)**

<b>Day</b>	<b>Time</b>	<b>Style</b>	<b>Venue</b>
<b>Wednesday</b>	7.30 pm - 8.30 pm	Juniors Freestyle Karate	Village Hall, North Holmwood
	8.30 pm - 10.00 pm	Seniors Freestyle Karate	Village Hall, North Holmwood
<b>Thursday</b>	7.00 pm - 8.00 pm	Juniors Freestyle Karate	Reading Room, Westcott
<b>Friday</b>	6.00 pm - 7.00 pm	Seniors Kickboxing (Beginners)	Lifeline Gym, Redhill
	7.00 pm - 8.00 pm	Seniors Kickboxing (Advanced)	
<b>Sunday</b>	10.00 am - 11.00 am	Juniors Freestyle Karate	Village Hall, North Holmwood

**A plea for help!**

All the mats and equipment used at each session are put out by the instructors and a few (dedicated) helpers before each session can start. If more people arrived 10 mins early to assist us then the sessions would start on time! Please try to help us out in this way on Weds, Thurs & Sundays. Also if there are any new volunteers willing to offer some time to help with the club in other ways we'd be grateful. There are plenty of jobs to be allocated (most requiring no more than 1-2 hours a month) and we're always looking out people who are willing to get involved.

*Regards Steve & Claire*

[www.dfsk.co.uk](http://www.dfsk.co.uk)