

# DFSK/INTER-FREESTYLE NEWSLETTER

## June 2010



Hi everyone,

Well it's been a busy time since our January newsletter was published and we have lots to report on, including some great competition news. So pop the kettle on, make yourself comfortable and catch up on all the recent goings on at DFSK.

### Competition News

#### **British Championships - Sheffield February 2010**

We are extremely proud of the small team who completed at this competition. Gemma Upfold won the Junior Girls over 60kg, Steve Foot took a Silver medal & Bomber Killick took a Bronze.

#### **Other competition news**

We cannot encourage our students enough to continue training hard and to attend competitions, as those who are regularly competing in this year's CIMAC Superleague are currently all leading in their categories. All competition results are available to see anytime - Speak to Claire Gocher for further details.

Well done guys ..... And keep it up!!



### 2010 remaining competition dates

These are available on the website [www.dfsk.co.uk](http://www.dfsk.co.uk) or on the club noticeboard at North Holmwood. We would like as many students as possible to take part and compete this year as part of both a junior and senior squad. Next competition will be at **Stoke on 13<sup>th</sup> June.**

### Extraordinary General meeting of DFSK

Our EGM took place on 21<sup>st</sup> February and we'd like to thank those of you who attended, for your ongoing support. During the meeting a new committee was elected for a 15 month term and will serve until June 2011:-

**Chairman** - John White

**Vice Chairman** - Rick Ebdon

**Chief Coach** - Steve Foot

**Secretary** - Claire Gocher

**Treasurer** - Claire Foot

**Publicity & Marketing** - Anneliese Cameron

**Member Representative** - Paul Killick (Snr)

We have already held two committee meetings and have lots of ideas on how to raise the club profile, and we are very excited about working together in the coming months to ensure the continued success of **YOUR** club.

### Have your say.....

You will notice that your newly appointed members rep is Paul Killick. He is your link to the club committee and he would like to hear about any comments, queries or suggestions you have. He will be happy to listen to you and will relay anything you feel is important back to the committee. He is very approachable - so please use him to have your say.



### Annual General Meeting & Summer Social

We will be holding our AGM on Sunday 27<sup>th</sup> June from 12.00 pm at North Holmwood Village Hall. We will be presenting the annual accounts and a round up of the 2009/10 activities. We urge you to all attend as following this meeting we will be holding a stock sale - a great opportunity to bag a bargain and replace old kit, and a Summer BBQ.

In addition to this the lesson prior to the AGM from 10.00 am - 11.00 am will be another Skip Hop session. For those of you who attended the last one in March we know you will love having another go - and if you missed your opportunity last time..... then here's your chance now! (Normal session fees apply).

Sunday 27<sup>th</sup> June is going to be a fabulous opportunity for us all to get together and catch up, so please come along and support **YOUR** club.

### Westcott Club

The Thursday evening class at Westcott Reading Room is now under the DFSK umbrella. A Junior session currently runs from 7.00 - 8.00 pm. However there is potential to expand the session and run a second class for Seniors & Advanced Juniors from 8.00 - 9.00 pm. If you would be interested in attending such a class at Westcott then please let either Claire G or Claire F know. It will run if sufficient interest is shown.



### **North Holmwood Village Day - Saturday 11<sup>th</sup> September 12.00 pm**

This was a lovely event last year, which helped to raise the profile of the club within the local community. We intend to have another stall this year and would really appreciate your input and support. It's a fun day to attend, and if last year's weather is anything to go by - a great opportunity to top up your tan!

### **Dorking Competiton - Sunday 3<sup>rd</sup> October 2010**

This will be the 4<sup>th</sup> year we have run the competition at Dorking Sports Centre in conjunction with Neville Wray and CIMAC Superleague. In previous years we have help from a dedicated few. This is a great event which helps to boost club funds but involves a lot of hard work so we would really appreciate more helping hands this year. Please jump onboard and get involved! Speak to Claire G or Clare F for more information on what's involved.

### **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 25<sup>th</sup> July 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 F. 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 F is in attendance. 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**

### **Training at following locations (maps on website). All DFSK classes unless detailed**

Day	Time	Style	Venue
Tuesday	1.15 pm -2.15 pm	Tai Chi	Friends Provident Sports Club (Friends Provident class)
Wednesday	7.30 pm - 8.30 pm 8.30 pm - 10.00 pm	Juniors Freestyle Karate Seniors Freestyle Karate	Village Hall, North Holmwood Village Hall, North Holmwood
Thursday	7.00 pm - 8.00 pm 7.00 pm - 8.00 pm	Juniors Freestyle Karate Ladies Kickboxing	Reading Room, Westcott Friends Provident Sports Club (Friends Provident class)
Friday	6.00 pm - 7.00 pm 7.00 pm - 8.00 pm	Seniors Kickboxing (Beginners) Seniors Kickboxing (Advanced)	Lifeline Gym, Redhill (Lifeline Gym class)
Sunday	10.00 am - 11.00 am	Juniors Freestyle Karate	Village Hall, North Holmwood

Regards The DFSK Committee

[www.dfsk.co.uk](http://www.dfsk.co.uk) Please note we are also on Twitter now - so join & follow us for news updates