

DFSK/INTER-FREESTYLE NEWSLETTER

July 2006

Hi everyone,

Update since March newsletter

Both Tom Harrington & Matt Foot have been selected to represent the IAKSA GB team at the World Championships in September 2006. Well done & Good Luck to you both

Sponsored 5km Fun Run Event at Denbies Wine Estate.

This year event was held on Sunday 7th May and willing volunteers agreed to raise money towards purchasing some additional new equipment. A total of 11 students, coaches & parents took part. A grand total of £783.00 has so far been handed in. I am still waiting on sponsorship from Benn White, Gemma Upfold & Craig Longhurst. Please get this in to me by **Wednesday 19th July** at the latest. Well done to everyone so far who has managed to raise such a grand sum for the club!

Competition Report - April to July 06

3 Superleagues have taken place at Maidenhead, Birmingham & Bristol. See noticeboard for competition reports

Future Competition News

Sun 16 th July	Superleague	Windsor Leisure Centre, Windsor
Sun 10 th Sept	Superleague	Magnet Leisure Centre, Maidenhead
Sat 16 th /Sun 17 th Sept	WAKO Flanders Open	Beveren, Belgium (see below for details)
Sun 15 th Oct	WAKO English Open	Stourbridge, West Midlands

Squad Training

The sessions will be a focussed training session for those currently competing at competition level, those wishing to train with those type of students or those who want to try out for the team. Session fees for this are £8.00 pp

The next dates are 29th July; 2nd September

It is important for those currently in the squad to attend - or if they are unable to do so to ring Steve on 07970 408260.

Gradings

Grading sheets can be obtained on request by email or from Steve at the Club. Agreed target grading dates will be listed on the members area of the website. Please check this or the Noticeboard at North Holmwood, for further information. The next Grading date will be on 6th August at 12.00 pm

Subscription fees

Please remember these are now due monthly at the beginning of each month. Please note that to make things easier administratively Standing Orders for fees will become compulsory in September, unless special arrangements have been made with Claire prior to this date. Forms will be issued during July & August.

Insurance & Membership Reminder

All students must be fully insured with the Great Britain Martial Arts Association (GBMAA) by the end of August. Fees are £35.00 for Seniors and £25.00 for Juniors and will cover you for a 12 month period. An Application form can be printed off from the website, filled in and returned to Claire if you do not have this already. For the initial year you will need to provide 2 passport sized photos, but not for any subsequent years. Please note that Gradings can not be taken if you do not have a valid Insurance & Membership.

Sale of Equipment

New 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 (9.30 am - 11.30 am) when Claire is in attendance. Equipment will now only be sold as detailed above. Either turn up or ring Claire in advance if you want to know if certain items are in stock. Price lists available on request.

Website

Our website is now up and running and being added to regularly. We will post information here about future competitions, gradings and any other news that we need to tell you about.

Take a look at both the Dorking Freestyle www.dfsk.co.uk
And Interfreestyle sites www.interfreestyle.co.uk

There is a member login area. To access this protected area, you need to type 'DFSK' in the User Name and 'Member' in the Password Box.

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. Future newsletters and other club information can then be sent to you direct.

Catch up/future information

Don't forget any suggestions, ideas or moans see Claire during training, or Steve after the session. Alternatively email Steve using address overleaf.

Steve

Contact details

Steve/Claire Foot 01306 884181
Steve mobile 07970 408260
info@dfsk.co.uk *** Note NEW Club email address ***

Training at following locations (maps on website)

Day	Time	Style	Venue
Monday	7.00 pm - 8.00 pm	Seniors Kickboxing	Sportivo Gym, Redhill
Tuesday	8.30 pm - 10.00 pm	Seniors Kickboxing	Dorking Sports Centre
Wednesday	6.00 pm - 6.45 pm 7.30 pm - 8.45 pm 8.45 pm - 10.15 pm	Seniors Kickboxing/Pad work Juniors Freestyle Karate Seniors Freestyle Karate	Sportivo Gym, Redhill Village Hall, North Holmwood Village Hall, North Holmwood
Thursday	7.30 pm - 8.30 pm 8.45 pm - 10.00 pm	Juniors Freestyle Karate Seniors Freestyle Karate	Reading Room, Westcott Reading Room, Westcott
Friday	7.00 pm - 8.00 pm	T'ai Chi	Dorking Sports Centre **Note - fortnightly at present **
Saturday	Once a month Squad Training Sessions at Dorking Sports Centre - See Calendar for details		
Sunday	9.30 am - 10.30 am 10.30 am - 11.45 am 12.00 pm - 1.00 pm	Peeweeps Freestyle Karate Juniors Freestyle Karate Seniors Kickboxing	Village Hall, North Holmwood Village Hall, North Holmwood Village Hall, North Holmwood