

# The Lakes Summer School 2018

21<sup>st</sup> – 22<sup>th</sup> July

Venue: Staveley Village Hall LA8 9LY



Guest Instructor - George Temperton 6<sup>th</sup> Dan

Coaches: Len Witts 5<sup>th</sup> Dan

Dave Revely 5<sup>th</sup> Dan

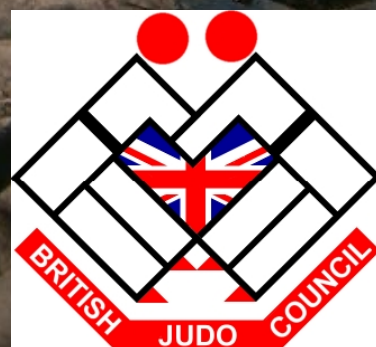
John Barton 4<sup>th</sup> Dan

Dale Fenwick 3<sup>rd</sup> Dan

Contact: John & Sylvia Barton

[Sylvia.barton02@gmail.com](mailto:Sylvia.barton02@gmail.com)

01539 822522



## **COURSE FEES FOR PRIMARIES, JUNIOR & SENIORS**

2 days £30

1 day £20

- Grading included in course fee
- Family Discount available
- Coaches who book in 5 or more students get their place free
- Shidosha / Club Coach / Club Leader awards available

**All Cheques to be made payable to:**

**Cumbria & the Borders BJC**

**Our Summer School is now in its 6<sup>th</sup> year, and is noted for its friendly family atmosphere, whilst still catering for the more contest orientated Judoka.**

**The famous Saturday night social includes the hotly contest quiz, a subsidised bar, and homemade Lasagne, Cottage Pie, and hot dogs are available from the bar.**

### **What people say about the course!**

- A Great Weekend We are looking forward to next year, Thank you for a friendly Welcome
- Karen bakes the best cakes, just what is needed after a session on the mat.
- A great judo weekend in Staveley in the Lake District. It really should be renamed 'The Friendly Course' as everyone is made welcome by John and Sylvia Barton and a lot of fun is always had
- Ben and I enjoyed our day catching up with friends and having some good coaching by Dave and Dale. The course social evening is always a good way to finish the day off. See you again next year. Thank you John and Sylvia for all your hard work organising it.
- Lucas has so enjoyed his Judo weekend this year! Thanks for everything guys. Have a fab summer and see you after 😊

## LAKES SUMMER SCHOOL TIMETABLE 2018

DAY	SESSION TIMES	MAT#1	JUDO LESSON	MAT#2	JUDO LESSON	Back Room	
		<b>COACH</b>		<b>COACH</b>			
SATURDAY A.M.	10.00 - 12.30	John Barton	General Judo	Len Witts	Kata, shidosha dai, & Club Coach Award		
LUNCH	12.30-1.30					Seating available	
SATURDAY P.M.	1.30 - 4.00	George Temperton	Tachiwaza	Len Witts	Kata, shidosha dai, & Club Coach Award		
SATURDAY P.M.	4.00 – 5.00			Randori			
SATURDAY EVENING	7pm onwards	Licensed Social Evening at Staveley Pavilion Food available - Lasagne, Cottage Pie, Hot Dogs					
SUNDAY A.M.	10.00 - 1.00	George Temperton	Tachiwaza	John Barton & Len Witts	Grading / theory		
LUNCH	1.00 – 1.45					Seating available	
SUNDAY P.M.	1.45 - 4.00	Dave Revelly / Dale Fenwick	Combination & Counters	John Barton & Len Witts	Grading/Shiai		

Instructors: George Temperton, 6<sup>th</sup> Dan, Len Witts 5<sup>th</sup> Dan, Dave Revelly 5<sup>th</sup> Dan, John Barton 4<sup>th</sup> Dan, Dale Fenwick 3<sup>rd</sup> Dan

### **Travel Links**

The picturesque village of Staveley is situated just 5 miles from Lake Windermere, the largest of the English Lakes. For anyone wishing to travel by car junction 36 of the M6 is just 15mins away.

Rail links (North West Line) are available to Oxenholme (The Lake District) station, from which a local train service is available to Staveley.

A local bus service 555 provides visitors with access to the Lakes and the ancient market town of Kendal.

### **Accommodation**

Danes Road B & B	01539 821656
Meadow Croft B & B	01539 821171
Eagle & Child Hotel	01539 821320
Li'le Hullets B & B	01539 821148
Watermill Inn	01539 821320
Pound Farm Caravan Park	01539 821220
The Jolly Anglers	01539 732522

Contact course organisers John & Sylvia Barton for further details:

Tel: 01539 822522

Email: [Sylvia.barton02@gmail.com](mailto:Sylvia.barton02@gmail.com)

Check out The Lakes Summer School face book page