

DFSK/INTER-FREESTYLE NEWSLETTER September 2005

Hi everyone,

Now the Summer holidays have finished, it's back to school and some normality again. I'm looking forward to seeing you all back at training full of enthusiasm and on a more regular basis.

Latest News

News and reports for events appear on the Club Noticeboard at North Holmwood. Competition reports have been lacking this year - If there is anyone out there offering to undertake this task please see Claire - we would be very grateful. Louise Harrington assists by compiling a spreadsheet of student positions at each competition

Website.

Our website is now up and running. Thanks go to Craig Foot who has spent many hours sorting the sites out for the two clubs. 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 be a member.

Subscription fees

We have always resisted monthly payment for training but from September this will be changing. Both North Holmwood, Westcott & Redhill clubs will be going monthly with payments due on the 1st of the month. There will be no refunds if you are unable to train for a particular session. This is to implement more stability, more consistent training and better commitment from students. Hall hire has to be paid all year round regardless of whether you decide to turn up and train.

There will be two payment tiers - For those who train once or twice a week at **North Holmwood**

Once a week Juniors £16.00 per month (Equivalent to £4.00 per session)

Seniors £20.00 per month (Equivalent to £5.00 per session)

Twice a week Juniors £32.00 per month (Equivalent to £4.00 per session)

Seniors £40.00 per month (Equivalent to £5.00 per session)

Those who train at **Westcott & Redhill** will continue to be charged the equivalent to £4.00 per session (Juniors) and £5.00 (Seniors).

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Seniors £40.00 per month (Equivalent to £5.00 per session).

If you would like to pay by Standing Order please see Claire as soon as possible to make arrangements.

New Members

Word continues to spread about our happy, close club atmosphere club and we are pleased to continue to welcome new members at both Dorking & Westcott & Redhill into the fold. Existing club members please welcome these new students and assist in their learning when training.

New Equipment

As you are probably aware we have just purchased a large amount of new jigsaw matting for the club. A huge thanks must go to all students, sponsors and MVDC for the money raised to purchase these at a cost of £1500.00. MVDC awarded us a grant of £500 and the remaining £1000 was raised by students entering a sponsored 5k run around Denbies in May. A very hot and hilly day! The team of 13 were (in no particular order) Steve Foot, Matt Foot, Maisie Quartermain, Robin Davey, Hilary Paul, Tom Harrington, Bomber Killick, Sam Sparks, Jake Howard, Gemma Upfold, Emily Ebdon, Dan Ratcliffe & Connor Long. In addition to this there were some very generous individual & business donations from parents. A special mention goes to Hilary Paul who raised the most sponsorship at £312.70 - well done and thank you!

We plan to purchase some more equipment soon, including free weights, hand weights, balance & stability balls which can also be used during training sessions.

A laptop is also in the process of being sourced - this will help Claire with some of the administrative procedures during training sessions.

Gradings

There will be a specific grading session for students (usually on the last Sunday of each month, but check attached Calendar). You will be expected to attend at least two of these sessions prior to taking any grading. 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.

FACS & FANS Scheme

This scheme provides sportspeople of a county or national level with free access to training facilities in Surrey. The scheme aims to help county and national sportspeople of all ages who compete at these levels. For further information about eligibility and conditions contact Active Surrey on 01483 518953 or check their website www.activesurrey.com

Catch up/future information

- Irish Open Dublin March 2006 - If interested please register your interest as soon as possible. We will be buying flights in November
- Sean McCarthy training with SWAT team and going to World Championships later this year in Hungary
- Lisa Boardman - Congratulations on making the SWAT team
- Matt Foot training with CIMAC squad - Neville Wray has picked him out as a fighter to watch and hopefully he will be competing in the IASKA/WKAs in Canada in November
- Please see attached updated Calendar for the rest of this years competition dates.

Don't forget any suggestions, ideas or moans see Claire during training, or Steve after the session.

Thanks again to Rick, John, Claire, Sean and all club Black Belts, parents and many other helpers for the support they have given this club throughout 2005.

Steve

Contact details

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Training at

Redhill (Monday pm), Dorking Sports Centre (Tuesday pm), North Holmwood (Wednesday pm), Westcott (Thursday pm), Dorking Sports Centre (Friday pm), North Holmwood (Sunday am).