



Dear Instructor:

I would like to take this opportunity to invite you and your students to our first SIA CSKA camp to be held at Trico Centre 11150Bonaventure Drive SE Calgary AB T2J 6R9.

Please have your students fill out the attached application and return them to me at: shoto@shaw.ca.

Applications can also be downloaded from our website www.canadianshotokan.ca

Closest hotel is:

- Holiday Inn Express 12025 Lake Fraser Dr Calgary AB 403-225-3000. We have blocked a number of rooms; prices are in the \$140-\$150.00 range for double and triple occupancy as this is high season for Calgary, we suggest you mention CSKA when booking. The hotel is 1.7 Km from the Gym if you want to walk, and there is also a large Mall right across from the gym.

Yours truly,

John Hanratty **Head Instructor CSKA**





Camp application form Calgary June 26-28th 2020

Name: _____ Age: _____

Grade:
Address:
Email: Phone:
"T" Shirt size: XS S M L XL XXL - Please circle one. (Sign up before June 1st for free T shirt)
Health and Fitness Liability Waiver /Informed Consent Form
I recognize that Training in Karate may involve strenuous physical activity including, but not limited to muscle strength and endurance training, cardiovascular conditioning and training, and other activities. hereby affirm that I am in good physical condition and do not suffer from any known disability of condition which would prevent or limit my participation in Karate Training.
I acknowledge that my enrollment and subsequent participation is purely voluntary.
In consideration of my participation in this program, I hereby release Canadian Shotokan Karata Association and its agents from any claims, demands, and causes of action as a result of my voluntar participation and enrollment.
I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I hereby release Canadian Shotokan Karate Association and its agents from any liabilit now or in the future for conditions that I may obtain. These conditions may include, but are not limited to heart attacks, strokes, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, injuries to knees or other joints of the body, injuries to back, injuries to a foot, heat prostration, or any other illness or soreness that I may incur, including death.
I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.
(Participant's signature)
(Parent or Guardian) Date



There are lots of events happening around Calgary at this time of year. If you stay after the camp you can take in the Canada Day celebrations on July 1st. The Friday following the Camp is the start of the world famous "Calgary Stampede".

With a Stampede parade and lots of Cowboy events happening around the city as well as the Stampede grounds with the Midway and Rodeo.

If you prefer to get out of the City, we are a short drive from the Rocky Mountains and the mountain centers of Canmore and Banff. Well worth seeing.