



ENGLAND
TALENT
DEVELOPMENT
CENTRE
2021/2022



BISHOPS STORTFORD 柔道 JUDO

CADET & JUNIOR TRAINING *Camp*

27 – 30TH MAY 2023

Contact: Nicole Nunn

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IN MARTIAL ARTS



CAMP INFORMATION

Dojo Address

Herts & Essex Sports Centre, Beldams Lane, Bishops Stortford,
Hertfordshire, CM23 5LH

Accommodation Address

Hockerill Anglo European College, Dunmow Road,
Bishops Stortford, CM23 5HX

ENTRY CRITERIA

Year of Birth

2008, 2007, 2006, 2005, 2004, 2003

Grade

Minimum Grade Cadet: 10th Mon/3rd Kyu

Minimum Grade Junior: 2nd Kyu

A club coach MUST accompany the club team. Single entries without a club coach will not be accepted.

Club coaches are responsible for their players at all times.

Cost

£200 – Includes 3 nights accommodation, full board & training
(see schedule)

Coaches charged at £50 per night (accommodation and meals)

1 x Coach FREE when booking 10 spaces

Day rate £40 – Training only – No meals included



DRAFT CAMP SCHEDULE

Sat 27th May 2023

12 noon	Check in at Accommodation	Hockerill
13.30	Walk to dojo	
14:00 – 16:00	Session 1 – Tachi Waza Randori	Dojo
	Dinner	Hockerill
19:00 – 21:00	Session 2 – Ne-Waza Randori	Dojo

Sun 28th May 2023

TBC	Breakfast	
09.00	Session 3 – Hill Runs	Outside Sports Centre
11.30 – 13:00	Session 4 – Randori	Dojo
13:30	Lunch – Packed Lunch	Sports Centre
14:30 – 16:00	Session 5 – Tecqical	Dojo
	Dinner	Hockerill
19:00 – 21:00	Session 6 – Randori	Dojo
21:00 – 21:30	Games	Dojo

Mon 29th May 2023

08:00	Session 7 - Yoga Stretch	Hockerill
	Breakfast	Hockerill
10:30 – 12:30	Session 8 - Randori	Dojo
	Lunch	
15:00 – 17:00	Session 9 - Randori	Dojo
	Free time/Bowling	

Tue 30th May 2023

	Breakfast	Hockerill
09.00	Session 10 – Run	Outside Sports Centre
10:30 – 12:00	Session 11 – Ne-Waza	Dojo
	Lunch	Hockerill
14:00 – 16:00	Session 12 – Tachi-Waza	Dojo
17:00	Dinner	Hockerill
17:30	Camp Closes – Collection from Hockerill	Hockerill
19:15 – 21:15	ETDC Session	Dojo



ACCOMODATION



EXAMPLE MENU

Week One	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Main course	Classic Beef Chilli	Classic Pork Sausages with Gravy	BBQ Chicken Stir Fry	Beef & Lentil Curry	Turkey Stroganoff	Chicken Tikka Leg with Mint Yogurt	Breaded Fish of The Day with Tartar Sauce	Piri Piri Chicken Burger with Sweet Chilli
Vegetarian Option	Cajun & Garlic Seasoned Cauliflower Steak With Tomato Salsa	Mixed Vegetable & Spinach Biryani	Butternut Squash & Bean Casserole	Chilli Vegetables with Nachos	Sweet Potato and Onion Patties & Mint Yogurt Salsa	BBQ Jack Fruit & Bean Burger	Vegetable Chow Main with Tofu	Vegetable Chili Bean Burger
On the side	Steamed Rice Carrots & Green Beans	Mashed Potato Peas & Greens	Noodles Sweetcorn & Carrots	Steamed Rice Broccoli & Cauliflower	Potato Wedges Savoy Cabbage & Peas	Sag aloo Potatoes & Spinach	Chunky Chips Peas & Tartar Sauce	Rice Broccoli
Salad Bar	Selection of 6 salads , one slice meat selection	Selection of 6 salads , one slice meat selection	Selection of 6 salads , one slice meat selection	Selection of 6 salads , one slice meat selection	Selection of 6 salads , one slice meat selection	Selection of 6 salads , one slice meat selection	Selection of 6 salads , one slice meat selection	Selection of 6 salads , one slice meat selection
Hot & Cold Desserts	Jam Iced Sponge Selection fruit pieces	Double Chocolate Chip Cookies Selection fruit pieces	Berry Fruit Cake Selection fruit pieces	Lemon Drizzle Cake Selection fruit pieces	Chocolate Flapjack Selection fruit pieces	Shortbread Biscuits Selection fruit pieces	Banoffee Sponge Selection fruit pieces	Cinnamon Sponge Selection fruit pieces



