

HALDUN ALAGAS ELITE KARATE TRAINING CAMP

BLOEMFONTEIN, SOUTH AFRICA

28 MARCH TO 01 APRIL 2011

PROGRAMME

Day	Date	Time	Activity	Group	Responsible person
Sunday	27 March 2011	16:00 to 18:00	Registration at Tempe Indoor Sport Centre	All	Madelein van Zyl +27722267853
		18:30	Introduction of Turkish coaches	All	Ian le Roux 0824556629
Monday to Thursday	28 to 31 March 2011	08:00 to 10:00	Morning training session	All	Haldun Alagas
		10:15	Light snack	All	Annellie Greeff
		10:30 to 12:00	Sport psychology sessions	All	Dr Piere Nel (performance enhancement coach of FS cheetahs, Knights Cricket and ??)
		16:30 to 18:30	Evening training session	Elite Group only	Sensei Alagas
Friday	01 April 2011	08:00 to 10:00	Morning training session	All	Haldun Alagas
		12:00	Farewell Braai	All	Caterer
<p>Note: The performance enhancement coach (sport psychologist) is planned to have three sessions in the week. The days will be announced at the camp. This is part of the camp and is covered by the initial entry fee.</p>					

For any enquiries please feel free to call me at 0824556629.

Ian le Roux
Coordinator of the Haldun Alagas Karate Training Camp