



ESA Annual Residential Course – Introduction

What to bring

There are 5 sessions of training over the three days of the residential course. There are limited laundry facilities so most karateka like to bring at least two gis.

There is no dress code for the weekend, but you may wish to push the boat out a little for our Saturday night meal and entertainment (black-tie however would probably be overdoing it.)

The accommodation blocks are purpose-built and are a mix of single, shared and en-suite rooms. All the rooms are clean and comfortable but provide only basic facilities including a television and complimentary tea and coffee making equipment. Towels are provided however you may wish to bring an additional one. Hair dryers are not provided so if this is an essential item then you will need to bring your own.

The sports hall is a short, outdoor walk from the accommodation blocks so footwear suitable to wear with your gi is recommended. You will require your licence.

You are advised not to bring expensive items of jewellery etc. as there are no safes available within your room. Individuals are responsible for the security of their money and personal belongings

Arrival and Departure

On arrival please check in at the reception desk in the entrance of the Main Building. You will be allocated your room on arrival. You may require a £10 refundable deposit for your room key.

It is suggested that you arrive at least 60 minutes prior to training to give you time to check-in, park, settle in to your accommodation, get changed etc. Please use the car park allocated for your accommodation as space in the main courtyard is limited.

If travelling to the centre using Satellite Navigation please use the alternative postcode TF10 9LQ

Check-in time on Friday is from 2pm

Training

Training takes place in the Wenlock Sports Hall which is located close to the visitor parking area. Most karateka change into their gi in their room however changing rooms are available upstairs in Wenlock Hall (useful in case of wet weather.) You should make your way to the sports hall around 15 minutes prior to the scheduled start time. You will be expected to bring your licence and register on arrival. You will be allocated a stamp card which you should bring to all subsequent training sessions. You will also be able to pick up a timetable indicating all training times, relevant senseis and meal times.

After the introductory welcome karateka will be split into four groups: 3rd dan and above, 1st - 2nd dan, 3rd - 1st kyu and 9th - 4th kyu. Training will be demanding but specific to your group's experience.

Training times are:

Friday:	16:00h - 18:00h	
Saturday:	09:30h - 11:30h	16:00h - 17:30h
Sunday:	09:15h - 10:30h	10:45h - 11:45h



Meals

The cost of meals is included in the residential/accommodation only fee*. All meals except the Saturday evening meal** will be served in the dining room which can be found in the Main Building, through the doors and turn left. Directly inside the canteen area there is a hot service counter, however be sure not to miss the self-service salad bar, soup and bread, fruit and hot & cold drinks that are also available inside the dining room itself.

*Please note that drinks from the bar are not included

**Served in the Ford Hall

Special Dietary Requirements

Special dietary requirements can be catered for. Please inform the course organiser, Sensei Michaylo Fedyk, of any such requirements prior to the event.

Meal times are as follows:

	Breakfast	Lunch	Dinner
Friday:	n/a	n/a	18:30h – 19:30h
Saturday:	07:30h – 08:30h	12:30h -13:30h	19:00h – 00:00h
Sunday:	07:30h – 08:30h	12:30h -13:30h	n/a

Relaxing

Between training sessions you are free to explore the beautifully kept grounds or just relax in your room or the communal lounge within the main hall.

On Friday evening the bar is open allowing you to socialise with your fellow karateka and enjoy a glass of lemonade (!) before retiring for the evening.

On Saturday evening live music and other entertainment is provided following the meal. Dancing, although not obligatory, is actively encouraged.

Smoking

The National Sports Centre is a no-smoking site and is equipped with very sensitive smoke alarms in all rooms and indoor areas. Anyone setting off the alarm due to smoking will be charged for the call out of the fire and emergency services.

Questions

If you have any questions relating to training, Sensei Sandie Hopkins will be the designated dojo manager. Sensei Michaylo Fedyk is the designated domestic manager and should be approached with any questions regarding other matters.

Photography

Photographs / video are permitted but permission should be obtained from Sensei Michaylo Fedyk

First Aid

Access to First Aid / Doctor is available through reception. Please inform the course organizer of any special medical requirements prior to the event.

Wi-fi Access

Wi-fi access is available in some communal areas. There is a charge to use this facility. Please ask for further details at reception.

Pets

No pets are allowed on site

As representatives of karate, we would politely remind residents that good behaviour will be expected at all times.