

SSK Gashaku 2013

Information & Itinerary

Information

SSK Gashaku is open to students of all grades from all clubs within the SSK, to provide you with a weekend of **fully subsidised** training. Numbers are limited & therefore places, and accommodation options, will be allocated on a first come, first served basis.

The Gashaku is designed not only to provide training, but also for you to meet & socialise with students from across the SSK.

None students are welcome if accompanying an SSK student, however to ensure the weekend benefits the maximum number of students possible, there is a limit of 1 per Student. Please note that under 18's must be accompanied by a Parent/ Guardian.

The **accommodation** options are as follows;

- **Bunkhouse – Maximum 52 people**

The Centre has 2 Lodges which have dormitory style accommodation, with bunk beds & shared bathroom facilities. These have been booked exclusively for our use during the weekend.

You will need to provide your own sleeping bag, pillow & towels.

- **Camping – Maximum 30 people**

Bring your own tents & use the shared washing facilities available on site.

All meals, from Dinner on Friday night to Lunch on Sunday, plus soft drinks are included in the price. Please ensure that any special dietary requirements are specified on the booking form.

There will be **3 training** sessions totalling 5 hours. These are fully subsidised by the SSK.

Training will take place in the onsite Marquees &, weather permitting, the fields. Gi's, mitts & Trainers will be required for all sessions. You will also need to provide your own water bottles.

For all those who wish to partake, we have arranged some supervised **activities** on the Saturday afternoon. There will be a separate charge for these & must be booked & paid for upfront to guarantee a place. Due to the limited numbers per activity we will operate a first come, first served rule.

Depending on numbers it may be necessary to change an activity/ add more. If this affects you we will notify you to & advise of the alterations, etc.

In the absence of being able to guarantee Sunshine & warm temperatures you will need to pack for all **weather** eventualities & activities. Most of all you need to remember to pack bags of **energy** & a sense of **fun**.

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Itinerary

Friday

- Arrival from 5pm Onwards
- Dinner around 7.30pm, to allow time all for those attending to arrive.

Saturday

- Breakfast from 8am
- 9.30 – 11.30am 1st Training Session
- 12pm Lunch
- 1pm Activities, choose from;
 - Archery
 - 1 hour, Max. 8 people.
 - Raft Building – Dress to get wet & muddy!
 - 2 hours, Max. 16 people
 - Kayaking
 - 1 hour, Max. 12 people
 - Climbing plus Abseil – Climb the 45ft Wall & Abseil your way down!
 - 1 hour, Max. 8 people
 - Body Boarding - Prepare to get wet & muddy as you throw yourself down the hill slide!
 - 1 hour, Max. 12 people

Saturday Cont..

- 3pm Snack Time
- 4.30 – 5.30pm – 2nd Training session
- 5.30 – 6.30pm - Free Time
- 6.30pm till late - **The SSK BBQ!!!!!!**

Sunday

- Breakfast from 8am
- 9 – 11am, Final training session
- 11am - Pack & help with site clear down.
- 12pm Depart
 - A packed lunch will be provided for the journey home.