

Judo BC Provincial Training & High-Performance Team Seminar

Abbotsford Judo Club

Date	Time	Activity	Open to
Sept 9	10:00 am	Judo Training	Everyone – U14 (orange belt min), U16 & up (green belt)
	11:30 am	Lunch	Bring your own
	12:30 pm	Photos	High Performance Team members only
	1:30 pm	HP Presentation for Athletes	High Performance Team members only
	2:30 pm	Judo Training	Everyone – U14 (orange belt min), U16 & up (green belt)
	2:30 pm	HP Presentation for Parents & Coaches	Parents and coaches interested in learning more about HP Judo. Highly recommended for first time team member's parents
	4:30 pm	Dinner	High Performance Team members only
	6:30 pm	Team Activity	High Performance Team members only
Sept 10	8:00 am	Judo Training	Everyone – U14 (orange belt min), U16 & up (green belt)
	9:30 - 10:30 am	CSI Presentation	High Performance Team members only – mandatory session

Please note this schedule is subject to change. Any changes will be communicated to participants at the first training on Saturday.



Regency Inn & Conference Centre

Abbotsford Judo Club Training Camp

September 8th - 10th 2017

GROUP #1372

SPECIAL RATE * \$115.00

Rooms with 2 queen beds
Regency Wing

1st night deposit required

Reservation Deadline:
September 1st 2017

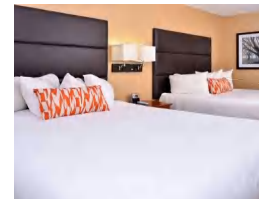
Cancellations:
September 1st 2017

RESERVATIONS:

Please call our

Guest Service Agents at Ext. #0
for Individual reservations
Toll Free 1.800.771.3077
or 604.853.3111

Check in 3:00 pm



We look forward to welcoming you to the Best Western Plus Regency Inn & Conference Centre for the Abbotsford Judo Club Training Camp.



We offer a wide variety of complimentary amenities including: Microwaves and fridges in all rooms; 100% smoke free; parking; Fitness Centre; Business Centre; Wi-Fi; two swimming pools and hot tubs; on site Ricky's Restaurant & Signatures Sports Bistro; short walking distance to a variety of dining & recreation options.

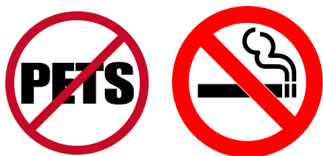


HOT COMPLIMENTARY BREAKFAST
6:30-10:00am changed daily and featuring:

Eggs, ham; bacon; sausage; waffles;
Pancakes; baked items; toast; cereals;
Muffins; fruit juices, milk teas & coffee

32110 Marshall Road, Abbotsford,

www.bwregency.bc.ca



We are a PET FREE property

