



British Judo Council Cromer Course May 30th—June 3rd 2011



Guest Instructor Mon/Tues
Jamie Johnson BJA 5th Dan

At the Cromer High School
Norwich Road, Cromer NR27
0EX

Tutors in Attendance.
President R.Otani

Vice President G.R.Mealing 7th Dan

Kata Advisor M.Whyman 6th Dan Kodokan

Guest Instructor Mon/Tues
Jamie Johnson 5th Dan BJA
National Academy & England Coach
5 times British Champion
3rd in European championships
1st in the world cup

Course Fees

	Primary	Junior	Senior
All Week	£40	£45	£50
Daily Rate	£9	£10	£11

The daily rate applies for part days including

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DISCOUNTS Registered coaches 10%
4 or more person 10%

ANY DISCOUNT IS ON "STAND ALONE" BASIS
ASSISTANT INSTRUCTORS FREE DAY ON THAT DAY
Daily rates are not subject to discounts!

DAILY INSTRUCTIONS !

Registration. (9.00a.m. to 9.45 a.m.)

Please register each day at the desk, Please allow plenty of time to arrive at the centre each day to ensure you change, register and are on the mat in time for the commencement of your lesson at 10AM
Allow extra time on Monday to register.

Licences.

You must produce an up to date Licence of an approved judo organisation when you register. Make sure all the details are correct especially, the grade! That the licence contains a current photograph. Licences of BJC members will be kept at the registration desk for your attendance to be recorded.

Seniors.

Any senior wishing to take **any** qualification must register at the desk their wish/intention to do so, on the first day of attendance.

ACCOMMODATION LISTINGS

Cromer

Self catering

Kings chalet park : - Mrs Jackie Anderson 01692-650591/07876385609
Prices start from £200 Per week

The Grove:- 01263 512412 www.thegrovecromer.co.uk
Prices from £230 per week.

Bountiful:- 01263514490 (bungalow to rent sleeps 4) prices from £300 per week

The Gangway:- 01263512439 (cottage sleeps 5) prices from £300 per week

Hotels & guest houses.

The Grove:- 01263 512412 www.the grovecromer.co.uk
Prices start from £34 b&b

The Cliftonville:- 01263 512543 www.cliftonvillehotel.co.uk
Prices start from £57 per night

The beachcomber guest house :- 01263513398 rooms from £32 b& b per night.

The Bon vitsa guest house:- 01263 511818 prices from £38 b&b per night

The Red Lion hotel:- 01263514964 prices from £50 per person b&b

East Runton 2 miles from cromer

Self Catering

The poplars caravan & chalet park:-01263 512892
www.poplarscaravanandchaletpark.co.uk prices from £200 per week

Seaview caravan park:- 01263 514569 prices from £345 perweek

Mallards rest :- 01263512496 (bungalow to rent) Prices from £235 per week

Aylmerton 2 miles from Cromer

Self catering

Moorland park: -01263 837508 www.moorlandpark.co.uk (cottage)
Prices start from 260 per week.

Hotels & guest houses

The eiders quality Bed& Breakfast : -01263837280 prices for twin from £45 per person per night.

Roman Camp Hotel:- 01263838291prices from £44 per person per night

Overstrand 2 miles from Cromer

Self catering

Green lawn house:- Apartments 01263576925 www.greenlawnhouse.co.uk
Prices from £300 per week.

Poppyland holiday cottages:- 01263577473 www.poppyland-holiday-cottages.co.uk prices start from £525 per week.

Ivy farm holiday park:- 01263579239 www.ivy-farm.co.uk Caravan prices from £437

Hotels & Guest houses

The white horse village pub:- 01263 579237 price from £44.50 b&b per night per person.(discounts on nights of 2 or more)

Danum Guest house:- 01263 579327 prices from £28 per night

West Runton 2.5 miles from Cromer

Self Catering

Roman camp brick chalets:- 01263837256 www.romancampcaravanpark.co.uk prices start from 275 per week

Laburnum Caravan Park:- 01263 837473 prices from £360 per week

Hotels & guest houses

Dormy House hotel :- 01263837537 prices start from £67 per person per night.

Links Country park hotel:-01263838383 prices start from£50 per person per night

OTHER HOLIDAY INTERESTS

The social sided of the course usually takes place at the Chalet Park or Cromer Cricket Club, these include football and 'rounders' etc. for children, parents and 'big kids'.

The Course would not be complete without the Thursday Buffet run by course volunteers and the infamous general knowledge Quiz, which is always very popular and held at the Cricket Club (about 1km from the Chalet Park). The quiz is normally run by Steve, Pete, Jenny and Gareth.

The afternoon games at 4pm in the Chalet Park will be organised by Steve Tongue and his crew!

The course is very much a 'family affair' but if you need a break from course activities there are places of interest on this and the next page.

Cromer town has many attractions, good Pubs and Restaurants and it is recommended you to try their seafood speciality - the famous Cromer Crab, which are of the finest quality.

PLACES OF INTEREST.

NORTH NORFOLK RAILWAY - SHERINGHAM

Steam trains daily to Weybourne and Holt.

Contact: 01263 820800

SPLASH LEISURE CENTRE - SHERINGHAM

Activities available include Swimming Pool, Tennis and Gymnasium.

Contact: 01263 825675

SHIRE HORSE CENTRE - WEST RUNTON

Five breeds of heavy horse. Displays & feeding times.

Contact: 01263 837339

FELBRIGG HALL - FELBRIGG

National trust 17th Century House, gardens & park.
Picnic areas. Contact: 01263 837444

GREAT YARMOUTH

Pleasure land - rides and entertainment.

Sea Life - Sharks and other sea life.

Shopping. Market on Wednesdays

Greyhounds racing every Wednesday, Friday & Saturday

MUCKLEBURGH COLLECTION - WEYBOURNE

Tanks, Guns, Aircraft, Armed vehicles, models and restaurant.. Contact: 01263-588210

CROMER PIER & PAVILLION THEATRE

Entertainment nightly

Contact: 01263 512495

NATURE RESERVE & SANCTURY- BLAKENEY POINT

Come see the Common & Grey seals

Contact: 01263 740791

STOMPERS INDOOR PLAY CENTRE NORTH WALSHAM

Slides, rope ladders, climbing walls and nets

Contact: 01692 404966

STRIKERS TEN PIN BOWLING NORTH WALSHAM

Contact: 01692 407793

NORWICH CITY CENTRE

Castle, Cathedrals, shopping centres, theatres
Restaurants & a daily Market.

