

Shawnigan Lake Overnight Aikido Retreat, May 25-26, 2019

For Junior and Senior Teens

Dear Parents and Students:

We are thrilled to be offering our Teen students a weekend Aikido Retreat at John Peterson Sensei's Dojo in Shawnigan Lake. This will be a fun-filled aikido themed experience. Leaving early on Saturday morning, May 25th, we will meet at the dojo at 8:00AM.

At John Sensei's property and dojo, we will practice aikido techniques and Aiki-weapons, hike a beautiful Mountain, share 2 lunches, a supper and a breakfast together, experience a meditative/cleansing dip in the Lake, play games, and sleep overnight in the beautiful Shawnigan Lake Aikido Dojo on the Peterson Farm property. We will return from Shawnigan Lake the next day at 4:00pm.

This trip can only be made possible with the participation of at least 1-2 parent chaperones to help supervise students at various times over the weekend, as well as drive kids and/or their stuff to and from the event.

Please complete and return the 2nd page of this form, AND the attached waiver, with your \$50 deposit stapled or paper clipped to the forms. All meals will be provided. All students will take part in cleaning, and kitchen chores, as part of their martial arts training.

DATE: May 25-26, 2019

TIME: Be at dojo by **8:00 a.m. Saturday May 25, 2019**
Pick up your child(ren) at the dojo by **4:00pm, Sunday May 26, 2019**

COST: **\$150** (PAID TO 'Victoria Aikikai')

What to bring (PLEASE BRING ALL ITEMS ON THE LIST)

- AikiDogi (practice uniform)
- Sleeping bag and Pillow
- Sleeping pad (optional - as you will be sleeping on the dojo mats)
- Swimsuit and towel
- Hiking shoes or sturdy runners
- Raingear
- Pajamas and 2 changes of clothes.
- Warm clothes for outdoors, including toque and gloves
- Bandanna or hat, and sunscreen.
- Personal water bottle
- Toiletries (there will be no shower or hot water)
- Personal first aid supplies, medicines and individual emergency supplies (for example, epipen for hyperallergic sensitivities); one of our leadership team has Wilderness First Aid training and must be made aware of any medical conditions. Your privacy will be respected.

Mark Brown (sensei)
250-516-7589

Martin Moreau (sensei)
250-216-4325

Please fill in the attached waivers and return them with the signed permission slip as soon as possible as this will be first come first serve, as space is limited. Thank you for supporting your child in this activity.

-----□-----□-----

COST: \$150 per student. (PAID TO 'Victoria Aikikai') This cost may be lowered by as much as \$50 once we have numbers of participants, and insurance costs confirmed.

\$50 DEPOSIT PAID with registration: YES _____ NO _____ (To be filled in by dojo)

I _____, give my son/daughter _____

Please print

permission to participate in the Shawnigan Lake Overnight Aikido Retreat on Saturday May 25, 2019 through Sunday May 26, 2019. In keeping with the "Victoria Aikikai Society Children's Waiver and Release of Liability" that I read and signed when my child(ren) joined the Victoria Aikikai, I am aware of the risks inherent in Aikido training, and a trip of this nature. I have also read, signed and submitted waiver entitled "VICTORIA AIKIKAI SOCIETY CHILDRENS' WAIVER AND RELEASE OF LIABILITY FOR TRIPS & EXCURSIONS"

Parent signature

Parent name (please print)

_____ **YES**, I can drive _____ students to and from Shawnigan Lake Dojo Property. I can stay for the weekend and overnight, and am willing to participate in a supervisory capacity as needed.

Contact name, phone & email: _____

Student's name: _____

Date of Birth: _____

Medical insurance number _____ **Carrier (BC Med. or other)** _____

Contact person in emergency - name _____

Relationship: _____, **phone (type: _____)** _____

Past injuries or medical conditions: _____

List any concerns, allergies, food restrictions we should know about:

