



# **2<sup>nd</sup> Raffles Gymnastics Academy International Elite Training Camp 2011**

## **REGISTRATION PACK**

- **General Information**
- **Registration Form**
  - (Submission deadline: 23 May 2011)
- **Medical Information Form**
  - (Signed hard copy to be brought to camp)
- **Services Booking Forms**

**Dear Camper**

**Thank you for your interest in the 2<sup>nd</sup> RGA International Elite Training Camp! This year's camp runs from 20 – 25 June (Stay-in campers will check in on 19 June).**

**This year's camp promises to be bigger and better than last year's edition, with more adventurous activities and exciting programmes lined up for you!**

**To register, please complete the Registration Form on pages 5, 6 & 7, and send it back to us latest by 23 May 2011 (Monday). You can also book services with us in advance, such as airport transfers (for international campers) or physiotherapy/sports massage sessions (pages 9 and 10).**

**To enjoy our best early-bird discount, payment should be made received by 11 April 2011, Monday.**

**Also, please complete the Medical & Indemnity Form on page 8. Please submit this together with your Registration Form. You will also have to bring a signed HARD COPY with you to the camp.**

**Finally, train safely and joyfully, and we look forward to meeting you in June!**

**Raffles Gymnastics Academy**



**2<sup>ND</sup> RGA INTERNATIONAL ELITE TRAINING CAMP 2011**  
**GENERAL CAMP INFORMATION**

**CAMP CHECKLIST**

1.  MEDICAL & INDEMNITY FORM, completed and signed (hard copy).
2.  Flight details have been confirmed and checked. (If applicable)
3.  Airport transfers (both ways) have been arranged and confirmed with RGA. (if applicable)
4.  Clothing and possessions have been marked with your full name.
5.  Sufficient change of clothing, towels and toiletries.
6.  Lockable suitcase and a small haversack.
7.  Cash (for snacks, souvenirs & other services). I am bringing SIN \$ \_\_\_\_\_.
8.  Prescription medicines in original container with name, dosage, doctor & frequency on the label.
9.  Please do not bring excessive cash or expensive items such as jewelry or costly devices. Raffles Gymnastics Academy will not be responsible for lost or stolen items.
10.  Contact information: Check that you have your parents' contact information, as well as RGA's contact information.

**General Camp Rules**

1. Please note that Raffles Gymnastics Academy does not tolerate the use of drugs, alcohol, cigarettes, abusive language or other inappropriate behaviour at this camp. We reserve the right to send violators home.
2. Campers are not to leave the designated camp grounds unsupervised.
3. Appropriate attire must be worn during training (leotards, gym shorts, no jewelry).

**Our Climate**

Singapore is generally warm and humid, with temperatures ranging from about 24°C – 33°C. Light clothing is generally recommended. Make sure you drink lots of water to stay hydrated. However, our gym is fully air-conditioned, to help gymnasts train in comfort at all times of the day. Rain is also fairly common throughout the year, and it does get slightly chilly, so a comfortable jacket should come in handy.

**What to bring**

Laundry rooms are available, so there is no need to pack excessive clothing. To prevent clothing items from being mixed up, we strongly encourage you to **label all your clothes** with your full name. We will also be making a day trip to an outdoor adventure centre, and we suggest that you pack some casual sports wear and sneakers for the day.

As you will be housed in dormitories, we suggest you bring a lockable suitcase, and lock up each day. We would also discourage you from bringing valuables (laptops, mp3 players, team leotards, jewelry, et cetera). Mattresses will be provided at the dorms, but you may wish to bring your own sheets/pillow/sleeping bag.

All belongings should be clearly labelled where possible. In a camp filled with youngsters, the likelihood of items being forgotten or misplaced is very high. Raffles Gymnastics Academy will not be responsible for lost or stolen items.

<b>CLOTHING</b>	<b>OTHERS</b>	<b>CASH</b>
<ul style="list-style-type: none"> <li>○ Leotards</li> <li>○ T-shirts &amp; Shorts</li> <li>○ Jacket</li> <li>○ Slippers &amp; sneakers</li> <li>○ Sleepwear &amp; underwear</li> </ul>	<ul style="list-style-type: none"> <li>○ Lockable suitcase &amp; small haversack</li> <li>○ Bath &amp; hand towels</li> <li>○ Toiletries</li> <li>○ Water bottle</li> <li>○ Sheets/pillow / sleeping bag (optional)</li> </ul>	SIN \$150 - \$200 for: <ul style="list-style-type: none"> <li>○ Snacks / souvenirs</li> <li>○ Physiotherapy / sports massage services</li> </ul>



## **Camp Bank**

In the interests of preventing loss of money and valuables, Raffles Gymnastics Academy will be providing banking services during the camp. Upon checking in, campers can opt to deposit their cash in a Camp Account with us. They can use the cash to pay for items at the pro shop, or for physiotherapy/massage services. They can also withdraw cash from the account. Any remaining cash will be returned to the camper during checkout. Campers can also deposit valuables with us when they check in.

We strongly encourage all campers to make use of this service.

## **Physiotherapy / Physical Assessment / Sports Massage Services**

We have in-house physiotherapy and sports massage services, which are ideally booked in advance.

Please fill in the Physiotherapy / Sports Massage Services Form and email it to us for advanced booking.

## **Travelling Arrangements**

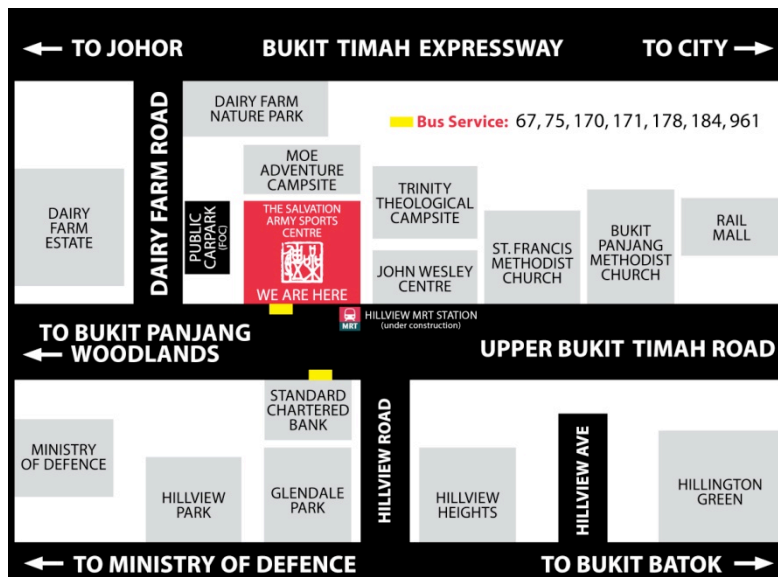
We provide airport transfer services for campers coming in by flight. Please fill in the Airport Transfer Services Form and email it to us by **23 May 2011**.

## **How to get here**

Raffles Gymnastics Academy is located within The Salvation Army Sports Centre (Praisehaven), at the junction of Dairy Farm Road and Upper Bukit Timah Road.

We suggest that you look for the best possible route online via [www.gothere.sg](http://www.gothere.sg) (search for Praisehaven).

Nearest MRT: Bukit Gombak MRT, Bukit Batok MRT



## **Contacting Campers**

Campers are allowed to bring their mobile phones (however, campers are not allowed to use their phones during training sessions). They can also check their emails at the gymnasts' lounge at designated times.

Alternatively, you may also contact Raffles Gymnastics Academy via telephone, fax or email, and we will relay your message to the camper as soon as we can.

## **Our contact details:**

Tel: (65) 68384288

Fax: (65) 67674288

Email: [enquiries@rafflesgymnastics.com](mailto:enquiries@rafflesgymnastics.com)



## CAMP OVERVIEW

	<b>2<sup>nd</sup> RGA Intl Elite Training Camp</b>
June 19 SUN	Check-in for Stay-in Campers (5pm-7pm)
June 20 MON	Morning and afternoon training sessions Injury Prevention Workshop*
June 21 TUE	Morning and afternoon training sessions Hip Hop Dance*
June 22 WED	Morning training session Outdoor Adventure Session* Introduction to Rhythmic Gymnastics*
June 23 THU	Morning and afternoon training sessions
June 24 FRI	Morning and afternoon training sessions Talent Show & Movie Night Gym Sleepover
June 25 SAT	Check-out at 9am

\* Timing and workshop subject to changes to other workshops of equal value.

## DAY CAMPS

### **International Elite Training Camp Day Campers**

9.00am – 8.30pm daily

(option of joining in for Friday Night's Gym Sleepover)

### **Super Kidz Day Campers**

8.30am – 12.30pm



**2<sup>nd</sup> RGA International Elite Training Camp 2011  
Registration Form**

INTL STAY-IN CAMPER     LOCAL STAY-IN CAMPER     LOCAL DAY CAMPER     SUPER KIDZ CAMPER

PUPIL'S PARTICULARS			
FAMILY NAME:		FOR OFFICIAL USE:	
GIVEN NAME:		BC/IC/PP #:	
DATE OF BIRTH: (DD/MM/YY)		AGE:	
ADDRESS:		HOME TEL:	
COUNTRY:		POSTAL CODE:	
EMAIL ADDRESS:			
GYMNASTICS CLUB/SCHOOL:		COMPETITIVE LEVEL / STAGE:	
FAMILY DETAILS			
MOTHER'S NAME:		FATHER'S NAME:	
MOBILE #:		MOBILE #:	
EMAIL ADDRESS:		EMAIL ADDRESS:	
PREFERRED CONTACT PERSON:	<input type="checkbox"/> MOTHER <input type="checkbox"/> FATHER		
ADDITIONAL EMERGENCY CONTACT:			
RELATIONSHIP TO CHILD:		CONTACT #:	
PAYMENT INFORMATION			
<input type="checkbox"/> <b>INTERNATIONAL CAMPERS</b>	<b>SIN \$1528</b>	Package includes accommodation, all meals, all training, workshops (injury prevention, dance, intro to rhythmic gymnastics), outdoor adventure session, gym sleepover, airport transfers, camp t-shirt.	
<input type="checkbox"/> <b>LOCAL STAY-IN CAMPERS:</b>	<b>SIN \$1388</b>	Package includes accommodation, all meals, all training, workshops (injury prevention, dance, intro to rhythmic gymnastics), outdoor adventure session, gym sleepover, camp t-shirt.	



<input type="checkbox"/> <b>LOCAL DAY CAMPERS</b>	<b>SIN \$1058</b>	Package includes lunch and dinner on camp days, all training, workshops (injury prevention, dance, intro to rhythmic gymnastics), outdoor adventure session, gym sleepover, camp t-shirt.  <input type="checkbox"/> Gym sleepover on 24 June 2011, Friday night <input type="checkbox"/> Not joining the gym sleepover
<input type="checkbox"/> <b>SUPER KIDZ CAMPERS</b>	<b>SIN \$ 568</b>	Package includes: 5 days' training from 8.30am-12.30pm; daily snack break, camp t-shirt

### PAYMENT INFORMATION (CONTINUED)

#### Early Payment

#### Pay early to enjoy our early-bird discounts!

Payment received before 11 April : less 15%

Payment received before 25 April : less 10%

Payment received before 9 May : less 5%

#### Refund Policy:

Fees are partially refundable (deduct listed processing fees) under the following conditions:

- Written notification of withdrawal received by 9 May: SIN \$200 processing fee
- Written notification of withdrawal received by 23 May: SIN \$250 processing fee
- Written notification of withdrawal received by 30 May: SIN \$300 processing fee

Fees are non-refundable if notification of withdrawal is received on or after 31 May.

Fees are non-refundable for late arrivals or early withdrawals from the camp.

PAYMENT METHOD:	<p><b>1) Cheque made payable to:</b></p> <p><b>RAFFLES GYMNASTICS ACADEMY (S) PTE LTD</b></p> <p><b>2) Bank Telegraphic Transfer (Overseas) :</b></p> <p>Bank Name                    OCBC Limited</p> <p>Bank Address                65 Chulia Street, OCBC Centre, Singapore 049513</p> <p>Swift Code                    OCB CSGSG</p> <p>Bank Code                    7339</p> <p>Account No.                 528738354001 (SGD)</p> <p>Account in Name of        Raffles Gymnastics Academy (S) Pte Ltd</p> <p><b>3) Funds Transfer (Local) :</b></p> <p>Bank Name                    OCBC Limited</p> <p>Account No.                 528738354001 (SGD)</p> <p>Please indicate your <b>child's name</b> in the payment details.</p>
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**PARENT'S CONSENT & INDEMNITY**

- I give my permission for my child, \_\_\_\_\_ (full name) to participate in Raffles Gymnastics Academy (S) Pte Ltd's **2<sup>nd</sup> Raffles Gymnastics Academy International Elite Training Camp 2011**, to be held at Raffles Gymnastics Academy and other selected venues, between (tick appropriate camp):
  - 19 June 2011 – 25 June 2011 (Stay-in Campers)
  - 20 June 2011 – 25 June 2011 (Day Campers opting for Gym Sleepover)
  - 20 June 2011 – 24 June 2011 (Day Campers not joining the Gym Sleepover)
  - 20 June 2011 – 24 June 2011 (Super Kidz Campers)
- I will not hold Raffles Gymnastics Academy (S) Pte Ltd, its coaches and instructors, nor its representatives liable or responsible in case of injury, or any other claims that may arise out of my child's participation in all camp activities.
- I give Raffles Gymnastics Academy (S) Pte Ltd permission to seek medical care for my child in case of an emergency. I also agree that all medical treatment and costs shall be my sole responsibility.

<b>PARENT'S / LEGAL GUARDIAN'S* SIGNATURE</b>	<b>PRINT NAME HERE</b>	<b>DATE</b>
<b>CAMPER'S SIGNATURE</b>	<b>PRINT NAME HERE</b>	<b>DATE</b>

\* Delete where appropriate.



**IMPORTANT:**  
Each camper **MUST** bring a **signed hard copy** of this form to the camp!

**RGA 2<sup>nd</sup> International Elite Training Camp 2011  
Medical History Form**

INTL STAY-IN CAMPER     LOCAL STAY-IN CAMPER     LOCAL DAY CAMPER     SUPER KIDZ CAMPER

Each camper <b>MUST</b> have had a physical exam within <b>ONE YEAR</b> prior to arrival at the camp.			
<b>Camper's Full Name</b>		<b>Age</b>	
<b>Parent's / Legal Guardian's Name</b>		<b>Parent's / Legal Guardian's Contact #</b>	
<b>Last physical exam date (DDMMYY)</b>		<b>Examined by</b>	
<b>Clinic/Medical Centre</b>		<b>Clinic/Medical Centre's Contact #</b>	

<b>Medical conditions</b> <small>(e.g. asthma, diabetes)</small>	History of medical conditions:
	Current medical conditions:
	Current therapies/medications for medical conditions:
<b>Allergies</b> <small>(to food, medication)</small>	
<b>Previous injuries &amp; recovery stage</b> <small>Important: fill out this section as accurately as possible.</small>	
	Current therapies/medications for injuries:
Are there any other medical issues we need to know of?	

I hereby certify the above individual, \_\_\_\_\_ (Name) fit to join an elite gymnastics training camp.

\_\_\_\_\_  
**Doctor's Name**

\_\_\_\_\_  
**Doctor's Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent's/Guardian's Name**

\_\_\_\_\_  
**Parent's/Guardian's Signature**

\_\_\_\_\_  
**Date**





## RGA INTERNATIONAL ELITE TRAINING CAMP 2011 SERVICES BOOKING FORMS

### Meal Requirements

- Vegetarian    Halal    Others: \_\_\_\_\_  
 Food allergies: \_\_\_\_\_  
 No special requirements

### Rooming

Are there any siblings/friends at the camp whom you'd like to room with?\*

- Yes, my sibling's full name is: \_\_\_\_\_  
 Yes, my friend's full name is: \_\_\_\_\_  
 No

\* Subject to bunk/dorm availability.

### Airport Transfer Services Form

- Yes, I'd like to book airport transfer services.

	From Changi Airport to Raffles Gymnastics Academy	From Raffles Gymnastics Academy to Changi Airport
<b>Services are available at these timings</b>	19 June 2011, Sunday 3pm – 6pm	25 June 2011, Saturday 8.30am
<b>Airline</b>		
<b>Flight #</b>		
<b>Departure Details</b>	<b>Departing from:</b>	<b>Departing from:</b> <input type="checkbox"/> Changi Airport Terminal 1 <input type="checkbox"/> Changi Airport Terminal 2 <input type="checkbox"/> Changi Airport Terminal 3 <input type="checkbox"/> Budget Terminal
<b>Estimated time of departure:</b>		
<b>Arrival Details</b>	<b>Arriving at:</b> <input type="checkbox"/> Changi Airport Terminal 1 <input type="checkbox"/> Changi Airport Terminal 2 <input type="checkbox"/> Changi Airport Terminal 3 <input type="checkbox"/> Budget Terminal	
<b>Estimated time of arrival:</b>		
	<input type="checkbox"/> Yes, I'd like an airport transfer to RGA.	<input type="checkbox"/> Yes, I'd like an airport transfer to Changi Airport.

**Please book airport transfer services by 23 May 2011.**

We will confirm with you via email once airport transfer details are finalized.



**Physiotherapy / Sports Massage Services Form**

Yes, I'd like to pre-book a Physiotherapy/Physical Assessment Session.

Key areas to work on	Number of sessions requested (@ SIN \$50 per 1h session)	Total cost

Yes, I'd like to pre-book a Sports Massage Session.

Key areas to work on	Number of sessions requested (@ SIN \$35 per 0.5h session)	Total cost

I may consider Physiotherapy/Physical Assessment Sessions while at the camp.

- You can make a booking at the reception counter at SIN \$50 per session.
- Sessions will be subject to the availability of the therapist.
- This option MUST be selected in order for your child to be able to book physiotherapy sessions while at the camp.

No, I am unlikely to require Physiotherapy Sessions while at the camp.

- Please note that if you select this option, we will need verification and consent via email or fax from your parent/legal guardian should you eventually decide to book a session at the camp.

*NOTE: No prior consent is needed for the camper to book Sports Massage Sessions while at the camp.*

**Cancellations and Refunds**

*All cancellations must be made at least 24 hours prior to the appointment, and will incur a SIN \$20.00 administrative charge. No refund will be made for cancellations made less than 24 hours before the appointment.*

**INDEMNITY**

1. Upon successful booking of Physiotherapy or Sports Massage Sessions, the camper's Medical History form will be passed on to the therapist to help ensure that therapy is appropriate. I understand that this is necessary and that all information will remain confidential.
2. I will abide by all terms and conditions, rules and regulations.
3. I will not hold RGA or any of its employees responsible for any injury, and keep RGA indemnified against any claims.

\_\_\_\_\_  
PARENT / LEGAL GUARDIAN SIGNATURE

\_\_\_\_\_  
PRINT NAME HERE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
CAMPER SIGNATURE

\_\_\_\_\_  
PRINT NAME HERE

\_\_\_\_\_  
DATE