

AMBRIT Physical Education Head - Lisa Westelaken

Summer Sports Camp 2011

at Alfedena, Parco Nazionale d'Abruzzo

9 (grade 3)- 14 year olds

Tennis Football Water Park Basketball Baseball
Hockey Handball Archery Horseback riding

June 25-July 2



Alfedena is a charming mountain village in the Parco Nazionale d'Abruzzo, 2.5 hours South-East of Rome. There are two tennis courts and two pitches, horseback riding and water park close by.

A Typical Day

08:00 Wake Up	15:30 Activities resume
08:30 Breakfast	18:30 Stop! Soon we eat
09:00 Activities begin	19:00 Supper
12:00 Stop! Soon we eat	20:00 Showers / Movies /
12:30 Lunch	Supervised recreation
13:00 Rest/Supervised Recreation	21:00 Goodnight

Cost: 600,00 € per week

The fee includes:

- Lodging and meals in a 4 star hotel.
- All sports and recreational activities.
- Transportation to and from Alfedena. **Departure** from Ambrit 2pm **Return** to Ambrit the following week 12 noon.

The fee does not include: Horseback riding.

Payment: How to reserve your spot: Fill out completely and sign the registration form, include 600,00 € cash or check made out to **Lisa Westelaken**.
(AMBRIT Physical Education Head) VIA FILIPPIO TAJANI, 50 ROMA

What to Bring

1 pair of tennis shoes	1 bath robe	1 tennis racket
1 pair of gym shoes	1 pair of flip flops	1 swim suit
8 cotton tee shirts	1 pajama	1 sweat suit
2 pairs of shorts	2 warm sweaters	Toiletries
8 pairs of white gym socks	1 light jacket	movie CDs

Alfedena is situated on a mountain at 914 m, therefore during the day it is warm enough to wear summer clothing. In the evening it is advisable to wear heavier clothes.

GENERAL RULES AND INFORMATION

1. To register for the camp it is mandatory that the parent or legal guardian, give the completed registration form to AMBRIT PE Department Head **Lisa Westelaken**.
2. A medical certificate stating that the participant be "sana e robusta costituzione", must be presented before departure.
3. Campers must be at AMBRIT at 13:30pm on the Saturday of departure.
Campers will arrive at AMBRIT at 12noon on the following Saturday.
Every responsibility will end then.
4. Parents will be responsible for eventual damages caused by the participants.
5. Eventual complaints must be received within 10 days after the end of the camp.

For more information about the camp:

lisa.westelaken@ambrit-rome.com
cell: 3397461051

or about the hotel: www.alismahotel.it