

**AMBRIT Physical Education Head - Lisa Westelaken**

# **Summer Sports Camp**

**at Alfedena, Parco Nazionale d'Abruzzo**

**9 (grade 3)- 14 year olds**

**Tennis      Football      Volleyball      Basketball      Baseball**  
**Hockey      Handball      Archery      Hiking      Horseback riding**

**1<sup>st</sup> week June 26-July 3**

**2<sup>nd</sup> week July 3 - 10**



Alfedena is a charming little mountain village in the Parco Nazionale d'Abruzzo, 2.5 hours South-East of Rome. There are two tennis courts, two soccer pitches, facilities to play volleyball, basketball, etc.

## **A Typical Day**

08:00 Wake Up	15:30 Back on the courts
08:30 Breakfast	18:30 Stop! Soon we eat
09:00 Everyone on the courts	19:00 Supper
12:00 Stop! Soon we eat	20:00 Showers / Supervised
12:30 Lunch	recreation
13:00 Rest/Supervised Recreation	22:00 Goodnight

All campers receive 3 hours of tennis lessons each day with a certified professional tennis instructor. Other activities will rotate on a daily basis. Horseback riding is optional.

**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** Ambrit 2pm **Return** to Ambrit 12noon
- Medical assistance and insurance.

## The fee does not include:

Horseback riding.

**Payment:** 600,00 € at registration by cash or check directly to **Lisa Westelaken**.  
(AMBRIT Physical Education Head) VIA FILIPPINO TAJANI, 50 ROMA

## Reserve your spot:

Maximum number of participants is 20 per week. Fill out completely and sign the registration form, include the payment and give it to **Lisa Westelaken**.

## 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	2 sweat suits
3 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 914m, 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.
6. Insurance coverage is included in the fee.

For more information about the camp:

[lisa.westelaken@ambrit-rome.com](mailto:lisa.westelaken@ambrit-rome.com)

cell: 3397461051

or about the hotel: [www.alismahotel.it](http://www.alismahotel.it)

(Official use only) Amount Paid:

Cash | Check

Date:

# Registration Form

Summer Sports Camp 2010: Return to Lisa Westelaken

I (full name of one Parent) \_\_\_\_\_

Street \_\_\_\_\_

C.a.p. \_\_\_\_\_ City \_\_\_\_\_

E-mail \_\_\_\_\_

Cell phone \_\_\_\_\_ Other phone \_\_\_\_\_

I, understanding and accepting the conditions of payment and the general rules, would like to register my child at Summer Sports Camp 2010:

Child's Name \_\_\_\_\_

Date & Place of birth \_\_\_\_\_

Codice Fiscale \_\_\_\_\_

Check your choice of week/weeks:

June 26 - July 3

July 3 - 10

My child is allergic to: \_\_\_\_\_

Can absolutely not eat: \_\_\_\_\_

Miscellaneous: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

I authorize the treatment of my personal data and that of my child in manual and electronic form (D.Lgs. 193/03)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_