



## Camp Form

### Mumbai & Pune National Summer Camp & Clinics 2023

|               |  |           |  |
|---------------|--|-----------|--|
| Name          |  |           |  |
| City          |  |           |  |
| Mobile No     |  |           |  |
| Date of Birth |  | Gender    |  |
| Category      |  | Age Group |  |

#### LXT Mumbai Camp [29.04.2023 to 04.05.2023]

6 am to 9 am & 6 pm to 9 pm

|                      |            |  |
|----------------------|------------|--|
| 12 Sessions [6 Days] | ₹ 12,500/- |  |
| 6 Sessions [3 Days]  | ₹ 7,500/-  |  |
| 1 Session            | ₹ 1,500/-  |  |

| 29 Apr |   | 30 Apr |   | 1 May |   | 2 May |   | 3 May |   | 4 May |   |
|--------|---|--------|---|-------|---|-------|---|-------|---|-------|---|
| M      | E | M      | E | M     | E | M     | E | M     | E | M     | E |
|        |   |        |   |       |   |       |   |       |   |       |   |

#### LXT Pune Camp [06.05.2023 to 11.05.2023]

6.30 am to 8.30 am & 5.30 pm to 8.30 pm

| 12 Sessions |   | ₹ 12,500/- |   |        |   |
|-------------|---|------------|---|--------|---|
| 6 Sessions  |   | ₹ 7,500/-  |   |        |   |
| 1 Session   |   | ₹ 1,500/-  |   |        |   |
|             |   |            |   |        |   |
|             |   |            |   |        |   |
| 6 May       |   | 7 May      |   | 8 May  |   |
| M           | E | M          | E | M      | E |
|             |   |            |   |        |   |
| 9 May       |   | 10 May     |   | 11 May |   |
| M           | E | M          | E | M      | E |
|             |   |            |   |        |   |

#### LXT & FF Pune Camp [13.05.2023 to 17.05.2023]

2 Sessions at Kasarsai, 8 Sessions at Dhayari

6.30 am to 8.30 am & 6 pm to 8.30 pm

[All sessions are compulsory]

|             |           |  |
|-------------|-----------|--|
| 10 Sessions | ₹ 7,200/- |  |
|-------------|-----------|--|

## LXT Pune Camp [19.05.2023 to 26.05.2023]

6.30 am to 8.30 am & 5.30 pm to 8.30 pm

|             |   |        |   |            |   |        |   |        |   |        |   |        |   |        |   |
|-------------|---|--------|---|------------|---|--------|---|--------|---|--------|---|--------|---|--------|---|
| 16 Sessions |   |        |   | ₹ 16.000/- |   |        |   |        |   |        |   |        |   |        |   |
| 6 Sessions  |   |        |   | ₹ 10,000/- |   |        |   |        |   |        |   |        |   |        |   |
| 1 Session   |   |        |   | ₹ 1,500/-  |   |        |   |        |   |        |   |        |   |        |   |
| 19 May      |   | 20 May |   | 21 May     |   | 22 May |   | 23 May |   | 24 May |   | 25 May |   | 26 May |   |
| M           | E | M      | E | M          | E | M      | E | M      | E | M      | E | M      | E | M      | E |
|             |   |        |   |            |   |        |   |        |   |        |   |        |   |        |   |

## 19<sup>th</sup> LXT United Race [27<sup>th</sup> & 28<sup>th</sup> May 2023]

### Highlights of Speed Skating Clinic

#### Training:

- Specially designed for Quad and Inline Skaters with Focus on Speed Skating Techniques.
- Training Conducted on 200 mts Banked Track and 250 mts Road Circuit at LXT Kasarsai, Pune.
- Soft Skills Development and Fun Filled games
- Individual Skater Performance Assessment and Personalised Attention.
- Opportunity to Skate with Many National and International Medallists.
- Eligibility Age 4 Years and above

#### Nutrition:

- Right Nutrition is utmost necessary during intensive sessions for better repair, recovery and strengthening of body.
- Pawā Team will be providing Nutrition Support during the Camp.
- Education session on sports Nutrition for kids and parents along with product tasting.
- PawāCollagen and PawāHy will be available for purchase at the Camp location.

#### Includes & Excludes :

- T-shirt, Certificate & Medal of participation on completing the full Camp.
- First Aid facility will be available during the Camp.
- Accommodation, Transportation and Food is not included and has to be managed by the skaters themselves.

#### Points to Remember:

- Skaters can get their cycles for pre-warm up during camp time.
- Skater must wear Body Suit & Hard Helmet and carry enough hydration.
- Skaters must report at the venue on time. Late comers will be marked and given negative points.
- Requested to please take care of your own belongings during camp hours.
- Organisers will not be responsible for any loss or theft.
- Everyone is requested to not litter the premises with any garbage or papers.
- Parents will not be entertained directly in case of any complaints or suggestions. They have to report the problem to respective clubs & coaches in written.
- The association / club / coach / organize / official are not responsible for any injury / fracture and damages to the skater arising due to any mishaps during the course of the event
- **Fees once paid will not be refunded or transferred. GST extra applicable.**

