



# **Japan Karate Association of Australia Northern Rivers**

Tel: 02 66 895 343  
0427 002 314

42 Graydon Rd  
Corndale NSW 2480

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Dear Dojo Heads,

It is that time of year again, our annual **Northern Rivers Competition**.

There will be a few changes this year from previous years as our competition will be part of the Australian Team's training camp at Lake Ainsworth (Lennox Head).

Date: **Saturday, 1<sup>st</sup> November**

Registrations: from 8.00 a.m. to 8.30 a.m. (Daylight Saving Time)

Competition: 8.30 a.m. sharp (Daylight Saving Time)

Venue: The Sports Hall (indoor stadium)

Sport and Recreation Centre, Lake Ainsworth (Lennox Head), Northern N.S.W.

**Cost:** \$20 for first family member, \$18 for second family member and \$15 for third family member, no further discounts apply.

What to bring: mouth guards, mitts, chest protectors and lots of good spirit.

Please find attached a **Dojo Nomination form** and a **medical clearance form**.

It would be appreciated if you could forward your nomination form, medical clearance forms for each competitor **and payment** to:

The Secretary N.R.J.K.A.  
6 Vintage Dr  
Chilcotts Grass, N.S.W. 2480

By: **Friday, 17 October, 2008**. Please make cheques **payable to N.R.J.K.A.**

Please include in your nominations any black belts who will be training with the Australian Team. Our competition is being run in conjunction with this training, however our paperwork is separate.

While we may be taking a small number of nominations on the day, we would appreciate receiving as many nominations as possible beforehand.

A **canteen** will operate throughout the day serving drinks, some snacks, and a simple BBQ payable at time of purchase. There is no designated lunch break in the program.

**Dinner:** Saturday 1<sup>st</sup> November at Ruby's By The Sea, cnr Pacific Pde and Byron Street, Lennox Head.

Cost: \$20/Adult and \$15/Child (12 years and under)

Oss

Sensei Ian Harris and Sensei Tim Potter

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## Medical Clearance Form – Japan Karate Association of Australia

Participant's full name .....

Date of birth .....

Do you have any of the following conditions?

Heart disease

Epilepsy

Diabetes

Chronic chest condition

High blood pressure

Pregnant

Any other medical conditions including  
injuries, or psychological issues that may  
prevent you from participating


Parent's or guardian's full name if applicable .....

Signed: ..... / / 2008

If you answered yes to any of these then a medical clearance must be provided by your doctor.

Your doctor or specialist may use the form below to give you clearance to compete in the competition.

This medical clearance form when filled out, signed and stamped by your doctor, gives you clearance to participate in the Northern Rivers Japan Karate Association's 2008 competition being held on November 1, 2008.

Participant's name:

Date of birth:

Medical condition requiring clearance:

I, Dr. \_\_\_\_\_ say the participant named above suffers from the stated condition and I give my medical clearance for this person to participate in the NRJKA Queensland karate competition on November 1, 2008.

Notes:

Doctor's name:.....Stamp here please:

Phone number: .....

Doctor's signature: ..... / / 2008



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## **Accommodation Ideas**

### **Lennox Head:**

#### Backpackers

Graeme & Anna Dicker

3 Ross Street

Lennox Head

PH: (02) 6687 7636

FAX: (02) 6687 7739

E-mail: [backpack@spot.com.au](mailto:backpack@spot.com.au)

#### Lake Ainsworth Caravan Park

Pacific Parade

Lennox Head

PH: (02) 6687 7249

[lakeains@ballinabeachside.com.au](mailto:lakeains@ballinabeachside.com.au)

#### Lennox Lodge

20 Byron Street

Lennox Head

PH: (02) 6687 7210

[lennoxlodge@aapt.net.au](mailto:lennoxlodge@aapt.net.au), [www.lennoxlodge.com.au](http://www.lennoxlodge.com.au)

#### Ballina Headlands Leisure Park

35 Skennars Head Road

Ballina

PH: (02) 6687 7450

Reservations Only: 1800 181 208, [bhlp@bigpond.net.au](mailto:bhlp@bigpond.net.au), [www.ballinaheadlands.com.au](http://www.ballinaheadlands.com.au)

#### Santa - Fe Motel

Marie & Kevin Sullivan

8 Byron Street

Lennox Head

PH/Fax: (02) 6687 7788

[santafelennox@aol.com](mailto:santafelennox@aol.com)

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# ***Japan Karate Association of Australia Northern Rivers***

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Shuttle bus from Ballina Airport to Backpackers.... \$12 p.p or can make a group deal!  
Steve's Tours - Airport Express 0414 660 031

Other shuttles are available at a higher rate approx \$15 p.p. (possible group deals?)

Byron Easy Bus (02) 6685 8881 - [www.byroneasybus.com.au](http://www.byroneasybus.com.au)

or Airport Transfers (02) 66209200 - [www.airporttransfersbyronbay.com](http://www.airporttransfersbyronbay.com)

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