

BE YOUR BEST



McDonald's U12/U13 Coaching Camp



5th to 9th January 2014

Camp Banksia

Anderson Street, Port Sorell



i'm lovin' it[®]

Little Athletics Tasmania
32 Gormanston Road
Moonah 7008
1300 888 713
office@taslittleathletics.com.au
www.littleathletics.com.au

**Date**

5 – 9 January 2014

Venue

Camp Banksia, Anderson Street Port Sorell

This Under 12 / Under 13 Coaching Camp is designed to provide coaching in all Little Athletic events and to develop closer ties between all athletes and other Centres.

All Under 12 & Under 13 registered athletes are welcome to attend, regardless of ability. Maximum number of participants is 72 (36 girls & 36 boys), with allocation to be made on a first in basis.

Camp CommencesSunday 5th January 2014 at 11.00 a.m.

Camp Concludes.....Thursday 9th January 2014 at 1.00 p.m.

A bus will be provided to transport children to and from Camp. (Hobart via Perth). Please note that there will be no reduction in Camp Fees for children not taking advantage of the Bus Facility.

An athlete who breaches the Little Athletics Code of Conduct may be asked to leave the Coaching Camp. In the event of this occurring, the athlete's parent/guardian will be contacted by the Camp Convenor or TLAA President and asked to personally collect their child.

In the event of unforeseen circumstances which may result in the cancellation or postponement of the Coaching Camp, Little Athletics Tasmania will reimburse any fees paid, less penalties which may be applied by the Camp Facilities. Little Athletics Tasmania reserves the right to postpone or cancel the Camp. (Fees, less any penalties applied by the Camp facilities will be refunded).

Bookings and Camp Levy

The cost of the Coaching Camp is \$260. The camp is fully catered and includes all meals and accommodation. (Note: the actual cost of the camp is \$305, with \$45.00 being subsidised by our sponsor, McDonald's).

Applications will close on the 15th November 2013, with full payment required by this date to confirm the camp booking.

Please make payment by cheque, money order or direct deposit (no cash please)

- Cheques are to be made payable to : Tasmanian Little Athletics Association
- Direct Payments may be made to: CBA – BSB 067026 account 28003051 (child's surname to be included on deposit information)

Cancellation of Booking

- Little Athletics Tasmania will give due consideration to written requests to cancel their child's camp booking, only if received prior to the commencement of the coaching camp.
- Applications must state the reason(s) why the applicant will be unable to attend Camp.
- If the application is successful, the camp levy paid, less a \$25.00 administration fee, will be refunded.
- No refunds will be refunded if a child leaves the camp after it has commenced.

Spending Money

A canteen will be in operation during the evenings. Maximum allowance to bring to camp is \$6.00 per athlete (coin only please)

All athletes will need to bring the personal requirements as listed.

Any enquiries concerning the proposed Camp should be directed to the Camp Convenor on 041 8129 910 or email to finance@taslittleathletics.com.au

Camp Parents and Athletes must bring the following personal requirements.

- 1 Pillow & Pillowcase
- 1 Sleeping Bag or 2 sheets and blankets or doona
- 2 Towels
- Toilet Articles
- Pen or Pencil
- Sun cream - not coloured zinc cream

The following items are to be in a bag (draw string or similar), and must be taken to all meals.

- 2 mugs
- 1 bowl - unbreakable
- 2 plates - unbreakable
- 1 knife, fork and spoon
- 2 tea towels
- 1 teaspoon
- 1 Drink Bottle

Athlete's Personal Clothing



- Full Competition Outfit (Club top, shorts etc)
- Training shorts - **must not be baggy knee length shorts**
- 3 or 4 changes for training
- Hat
- Thongs
- Sneakers
- Training shoes (spikes if using)
- If children have new sneakers or competition shoes please also bring old shoes.

Other Information



- Parents will also be required to provide their child's 100m personal best result. Further details will be provided when Camp confirmation is made
- Any medication to be handed to hut parent for supervision.
- Parents are requested to help Camp Parents by having children on normal sleep patterns before coming to Camp as Camp programme is 7.00 a.m. get up and 10.00 p.m. bed. (We do not sleep in).
- It is recommended that children do not bring electronic equipment, as no responsibility will be taken.
- Strictly NO mobile phones.



Bus Timetable



Times are a guide only. Full details will be sent with confirmation of Camp Booking.

Sunday 5th January	Bus Departs	Hobart	7.00am	230 Liverpool St
		Bridgewater	7.20am	(approx) Highway near McDonalds
		Perth	9.10am	(approx) Caltex Roadhouse
Thursday 9th January	Bus Departs	Port Sorell	1.15pm	
		Perth	2.20pm	Caltex Roadhouse
		Bridgewater	4.10pm	
		Arrive		
	Hobart	4.30pm	230 Liverpool St	

Please note seats are limited on bus transport and may affect the number of athletes accepted at camp.

Those athletes not travelling by bus, must arrive at Camp NO LATER than 10.45am on Sunday 6th January 2014, and must be collected from camp no later than 12.45pm on Thursday 9th January 2014.

ATHLETE APPLICATION FORM



5 – 9th January 2014

Camp Banksia, Port Sorell

Please register my child for the 2014 McDonald's Little Athletics Coaching Camp to be held at Camp Banksia, Port Sorell.

I enclose - Deposit of \$130.00 Full Payment: \$260.00

I have made Full Payment by EFT Date of EFT Transfer

Please tick that which is applicable above.

Age Group Under Boy Girl

Name of Athlete:

Full Address:

Centre **Date of Birth**

Parent's Name

E-mail Address

Contact Phone Home Mobile

Emergency Contact Name Phone

T-SHIRT SIZE: *Children's sizes: 10,12 & 14 | Adult sizes: Small, Medium, Large & Extra Large*

If possible, I would like to be in the same hut asof theCentre.

(Please request **ONE** person only and have that person put your name on their application form. Requests will not be considered if they are not on this form.)

Applicant will travel on the bus from return to

Applicant will not be travelling on the bus provided by the Tasmanian Little Athletics Association

Please tick the box above which is applicable.

Athletes will be coached in sprint drills and will receive Coaching in specific events. **Please tick four (4) events**

Distance (800m/1500m)	<input type="checkbox"/>	Triple Jump	<input type="checkbox"/>	Long Jump	<input type="checkbox"/>
Discus	<input type="checkbox"/>	High Jump	<input type="checkbox"/>	Javelin	<input type="checkbox"/>
Shot Put	<input type="checkbox"/>	Hurdles	<input type="checkbox"/>	Walks	<input type="checkbox"/>

Signature of Parent / Guardian

Return to: Camp Convenor, Garry House
TLAA Finance Director
16 Kiama Place,
Blackmans Bay 7052

Please complete the Medical Report Form and return with the Application Form

Confidential Medical Report



Athlete's Name in Full

Date of Birth

Athletes Position in Family:

Blood group (if known)

Please indicate in this list, ailments from which your child may suffer and give necessary information and treatment for such. This will remain confidential and we hope it will enable us to obtain treatment if required.

Asthma	<input type="checkbox"/>	Allergy to bee stings or other insects	<input type="checkbox"/>
Hay Fever	<input type="checkbox"/>	Allergy to penicillin, sulphur or other drugs	<input type="checkbox"/>
Sinus trouble	<input type="checkbox"/>	Migraines	<input type="checkbox"/>
Sleep Walking	<input type="checkbox"/>	Stomach troubles	<input type="checkbox"/>
Bed wetting	<input type="checkbox"/>	Motion sickness	<input type="checkbox"/>
Earache	<input type="checkbox"/>	Allergy to any food or drinks	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	Home Sickness	<input type="checkbox"/>

ALL medication for the above and other conditions **MUST** be included on this form. It is of the utmost importance to those caring for your child that they are **FULLY** aware of any medical situation your child may have experienced prior to returning this form or in the period from now until Camp.

Date of last tetanus injection or booster

Does your child suffer with pre-competition or pre-race nerves: Yes No

Has your child had: Measles Yes No
Mumps Yes No

To the best of my knowledge, my child has no disability nor is suffering from any other complaint(s) likely to prove detrimental to himself/herself or others while on Camp.

Please notify the Camp Convenor if your child suffers any illness or injury before leaving for Camp.

In the event of an accident or illness, I authorise the obtaining of such medical assistance as may be required, including anaesthetic and blood transfusion, and understand any costs involved will be my responsibility.

Medicare Number

I give permission for my child to be given Panadol if needed. Yes No

Signature **Date** ____ / ____ / ____

Parent/Guardian

CAMP PARENT APPLICATION FORM



5 – 9th January 2014

Camp Banksia, Port Sorell

Please note that we require a minimum of 12 parents / adults to assist at camp. (Minimum age 18 years)
Applications Close on the 15th November 2013

Camp Parent Information



You -

- do not have to be an U12/13 Parent
- may be required to travel to and from Camp by the Camp Bus
- do not have to pay any Camp Fees
- do not have to have any Coaching qualifications, but these would be an advantage
- may be subject to a Police check (at the discretion of the TLAA)
- are required to bring the same personal requirements as the Athletes
- should get on well with children and have a good sense of humour

For any Parent who is contemplating applying for a State Team Official position in the future, it is recommended that you attend an U12/13 Camp prior to your application for such position

POSITION To act as Camp Parent at the U12/13 Camp 5th to 9th January 2014 at Port Sorell

Name

Address

Phone No. **Landline** **Mobile**

Email Address

Centre affiliated with:

Other Affiliation

Coaching Qualifications

I wish to travel on the bus with my child

Do you hold a current First Aid Certificate? Yes No

Polo Shirt Size: Ladies sizes: 8, 10, 12, 14, 16, 18 & 22 (No size 20) | Unisex sizes: Small – 5XL

Signature of Applicant

Please forward applications to: Camp Convenor, Garry House
TLAA Finance Director
16 Kiama Place,
Blackmans Bay 7052

Successful applicants will be advised as soon as possible.
Any queries can be made to Garry House on 0418129910 or email finance@taslittleathletics.com.au