



Registration Information

Registrations are limited to a maximum of 100 athletes for each camp and must be registered members of Little Athletics Centres in the Eastern Metropolitan Region (EMR). You **DO NOT** lose Centre or Club attendance points if you attend this camp.

Applications must be on the correct registration form and accompanied by an amount of \$140.00, being the total fee.

Athletes will be sent further information via email or post confirming acceptance and transport details. Please contact the Region Camp Co-ordinator if you do not receive a reply by the Tuesday before the camp on 0414 587 888 or Email: emrcamp@actionprinting.com.au

Late entries may be accepted if there are vacancies. Enquiries to Region Camp Co-ordinator Lawrie Barnett, 253 Auburn Road, Hawthorn 3122 Tel. BH 9882 8144 • AH 9816 9695 • Mobile 0414 587 888.

Terms and Conditions

Upon payment of the total sum, each athlete is eligible to participate in all the camp activities.

Cancellations - No refunds once the application has been processed.

EMR reserves the right to cancel the camp should insufficient registrations be received.

Athletes are grouped by age for coaching.

EMR does not accept any liability for personal injury, property damage or loss sustained by any participant as a result in their participation during the camp. Athletes must immediately report missing personal property to the Region Camp Co-ordinator.

All Medication to be clearly labelled with name and full dosage instructions and handed to the Camp Co-ordinator.

Athletes must abide by the camp rules and VLAA Code of Conduct.

What to Bring

Sleeping bag	Pillow & Pillow slip	Bath towels
Toiletries in a bag	Bathers and towel	Sun hat
Sunscreen Lotion	Spare shoes & socks	T-shirt
Tracksuit	2 sets of running gear	Torch
Pyjamas	Warm clothes & parka	

*Blankets are supplied *Do not bring spending money, however a gold coin would be appreciated for the Royal Childrens' Hospital.

Accommodation

Accommodation is cabins and rooms, taking between 6-8 athletes in bunks. Some cabins feature en-suites. Allocation is announced on Friday evening on arrival at Crystal Creek. Where possible athletes are grouped with friends or Centres and by age group.

Athletes are supervised by experienced camp co-ordinators and coaching is conducted by ATFCA accredited coaches (Min Level One). Persons with first aid and swimming qualifications are in attendance.

2010 LITTLE ATHLETICS COACHING CAMPS

A COACHING CAMP AT CRYSTAL CREEK, ALEXANDRA FOR THE BEGINNER AND THE ADVANCED LITTLE ATHLETE TO IMPROVE TECHNIQUE AND SKILL IN TRACK AND FIELD EVENTS



Friday, November 5th to Sunday, November 7th,
for **Under 12-15 Athletes**

Friday, November 26th to Sunday, November 28th,
for **Under 10-11 Athletes**

CRYSTAL CREEK

Crystal Creek is located in the Goulburn River Valley about 6 kilometres south-west of Alexandra off Maroondah Hwy near the 125km post. The natural beauty and farm setting of the camp provides a safe atmosphere which is conducive to relaxation and having a great time with the group.



The venue is designed to allow for a variety of activities. A large oval caters for all our track and field needs with jump pits, shot put and discus rings. Equipment including hurdles and high jump facilities is set up for coaching sessions by accredited ATFCAs. Athletes are coached in their own age group. Full catering is provided in the well equipped dining hall and meeting room.



Crystal Creek offers activities including Swimming, Obstacle Course, Canoeing for U12-15, etc. The layout is excellent and offers clean, unpolluted fresh country air. Athletes and activities are supervised by qualified camp co-ordinators. They will ensure all athletes will experience an enjoyable time as well as developing and improving their skills and techniques from the coaching sessions. Only personnel who hold a current "Working With Children Check" are involved at the Camp.

Proposed Program

Friday

Bus departs:

- 4.45 pm Kew Athletics, Stradbroke Park, Burke Road.
- 5.10 pm Doncaster Athletic Track, George Street.
- 5.40 pm Proclamation Park, Ringwood.
- 6.10 pm Lilydale Reserve - Main Street near entrance in service road just up from the Olinda Hotel.
- 7.50 pm Approx. arrival time at Crystal Creek.
Room allocation, camp rules.
- 8.00 pm Dinner.
- 8.30 pm Torchlight walk.

Saturday Coaching & Activities

- 7.00 am Early morning jog and warm up.
- 7.45 am Breakfast.
- 8.45 am Warm up - flexibility - exercises.
- 9.15 - 12.00 pm Coaching.
- 12.15 pm Free Time Activity.
- 12.45 pm Lunch.
- 2.00 - 4.30 pm Coaching.
- 4.30 pm Group Activity.
- 6.00 pm Dinner.
- 7.00 pm Orienteering.
- 8.30 pm Activity.
- 9.50 pm Supper.

Sunday Coaching & Activities

- 7.15 am Early morning warm up.
- 7.45 am Breakfast.
- 8.45 am Warm up - flexibility - exercises.
- 9.15 - 12.00 pm Coaching.
- 12.30 pm Lunch.
- 1.30 pm Presentations/Meeting Celebrity Guests.
- 2.30 pm Free time/Activities/Swimming.
- 5.00 pm Departure of bus.
- 6.15 pm Approx. arrival time Lilydale.
- 6.30 pm Approx. arrival time Croydon.
- 6.40 pm Approx. arrival time Ringwood.
- 6.50 pm Approx. arrival time Doncaster.
- 7.10 pm Approx. arrival time Kew.

Final Departure and Arrival details will be in acceptance letter.

2010 Coaching Camps Registration Form

Please register me for the Eastern Metro Camp at Crystal Creek.

- Under 12 - 15 Camp - November 5 - 7, 2010
- Under 10 - 11 Camp - November 26 -28, 2010

(PLEASE PRINT NEATLY IN BLOCK LETTERS)

Name:
GIVEN NAME SURNAME

Address:

 Postcode:

Phone: Mobile:

Email:
PRINT EXACT AND CLEAR

Age group: Boy/Girl Under: Date of Birth:

Little Athletics Centre:

Please record allergies eg. food, nuts, insects, etc., medical conditions, eg. asthma, disabilities, specific dietary needs:

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Please record required medication:

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Permission to give child Panadol, Nurofen or similar only if required Yes/No

Medicare No Tetanus Booster in last 5 years Yes/No

PARENT'S DECLARATION

I,, being the parent or legal guardian of the Athlete, hereby give permission to the Region camp organiser to seek and approve of any medical attention if the need arises. In the event that I cannot be contacted, I also give permission to the medical profession to administer an anaesthetic in matters of emergency and I will meet all associated expenses. I also consent to my child viewing a movie either G or PG depending on the age group under supervision. This authority is in respect to my child on the camp. I understand that EMR retains the right to use for publicity or advertising purposes, photographs of participants taken during the camp. I have read and acknowledge the "Terms and Conditions" printed in the brochure.

Parent's/Legal Guardian's signature

.....Date...../...../2010

SPECIAL NOTE: The registration form with an amount of \$140.00 (Cheque payable to your Centre) is to be forwarded to your CENTRE CAMP CO-ORDINATOR by Saturday, 23rd October, 2010. **Application will not be accepted without payment.**

Late entries after closing date see Registration Information.

Centre Camp Co-ordinator Use Only: Acceptance Letter given to athlete? Yes No

