

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 ATFCA coaches. 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

- 4.50 pm
- 5.00 pm
- 5.15 pm
- 5.20 pm
- 5.30 pm
- 6.00 pm
- 7.50 pm

Bus departs:

- *Camberwell - Inglesbury Road.
- *Doncaster Athletic Track, George Street. Nunawading - service road near McDonalds (Cnr Maroondah Hwy and Springvale Rds).
- *Proclamation Park, Ringwood
- Croydon Civic Square at Keystone Hall.
- Lilydale Reserve - Main Street near entrance in service road.
- Approx. arrival time at Crystal Creek. Meal on arrival, room allocation, camp rules, torch light walk, supper.

Saturday

- 7.00 am
- 7.45 am
- 8.45 am
- 9.15 - 12.00 pm
- 12.15 pm
- 12.45 pm
- 2.00 - 4.30 pm
- 4.30 pm
- 6.00 pm
- 7.00 pm
- 8.30 pm
- 10.00 pm

- Early morning warm up and jog.
- Breakfast.
- Warm up - flexibility - exercises.
- Coaching.
- Free Time Activity.
- Lunch.
- Coaching.
- Group Activity
- Dinner.
- Orienteering.
- Activity.
- Supper.

Sunday

- 7.15 am
- 7.45 am
- 8.45 am
- 9.15 - 12.00 pm
- 12.30 pm
- 1.30 pm
- 2.30 pm
- 4.30 pm
- 6.00 pm
- 6.15 pm
- 6.30 pm
- 6.30 pm
- 6.45 pm
- 6.50 pm

- Early morning warm up.
- Breakfast.
- Warm up - flexibility - exercises.
- Coaching.
- Lunch
- Presentations/Meeting Celebrity Guests
- Free time/Activities/Swimming
- Departure of bus.
- Approx. arrival time Lilydale.
- Approx. arrival time Croydon.
- *Approx. arrival time Ringwood
- Approx. arrival time Nunawading
- *Approx. arrival time Doncaster
- *Approx. arrival time Camberwell

*Subject to number of applicants

Final Departure and Arrival details will be in acceptance letter.

2007 Coaching Camps Registration Form

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

- Under 12 - 15 Camp - November 9 -11, 2007
- Under 10 - 11 Camp - Nov 30 -2 Dec, 2007

(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:

Please record required medication:

Medicare No

Has child had 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. 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.

Parent's/Legal Guardian's signature
/...../...../2007

SPECIAL NOTE: The registration form with an amount of \$115.00 (Cheque payable to your Centre) is to be forwarded to your CENTRE CAMP CO-ORDINATOR by Saturday, 27th October. 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

