

JUNIOR TRAINING CAMP - FOREST LAKES, OTAKI

INFORMATION & ENTRY APPLICATION FORM

This training camp is open to Junior Age Grade members of ALL Harrier/Athletic clubs of Athletics Wellington, and anyone interested in running, who is at Secondary School.

The Camp will be held from **Fri 29 April to Sun 1 May 2005**. (Last weekend of School Holidays)

Forest Lakes Camp is on **Forest Lakes Road**, which is on the left, off State Highway 1, **3km North of Otaki**.

The **maximum cost** of the Camp is **\$50**. A grant has been applied for to partly subsidise this cost. The final cost will be notified closer to the camp dates. The cost covers accommodation, meals and all activities. The camp caters for meals, so no parental help is required for cooking.

Transport to and from the Camp will be your own responsibility. Some people will have room to take extras if necessary. Complete the appropriate section on the entry form if you want a ride.

Accommodation will be in the 'Homestead' facility and our group will have it to ourselves. You will need to bring a **sleeping bag**.

As it is **Autumn**, you will need to ensure you have **sufficient warm clothing** and enough changes of clothes to account for the several physical activities you will take part in, including getting wet. **Polypropylene** clothing is recommended.

There is a requirement to have some **supervisory adult help**, (no cooking), to assist the Camp Director. If one of your parents/caregivers is available to assist for some of the time, please complete the appropriate details on the entry form. Adult helpers will be fully subsidised.

The following coaches/presenters will be instructing/supervising the programme. (to be confirmed):

- | | |
|---------------------------|---|
| Graham Tattersall: | Head Coach, Middle and Long Distance for the NZ Olympic Team in Athens. Selector for Athletics Wellington Cross-Country and Road Committee. Coach of World Mountain Running Champion, Jonothan Wyatt. |
| Jim Ardin: | Physiotherapist. Representative athlete coached by the late and great Arthur Lydiard. |
| 1 Other | To be advised. |
| Murray McGaughran | Coaching Co-ordinator Olympic Harrier Club. Athletics NZ Level II Middle & Long Distance Coach. |

There are **only 36 vacancies**, so a prompt reply is advised. Closing date for applications is Wednesday 13 April 2005. Further detailed information and programme will be provided to those who attend.

If you require further information in the mean time, please contact the Camp Director.

Murray McGaughran - Camp Director

Tel: (04) 384-8762 Mob: (025) 244-9422 Email: murvic@clear.net.nz

PLEASE COMPLETE ALL SECTIONS CLEARLY

ENTRY APPLICATION FORM

First Name: Surname:

Address:

Telephone No: Male: Female: Age:

email address: Club

Parent/Caregiver Contact: #1

Telephones (Home): (Work):

Parent/Caregiver Contact #2

Telephones (Home): (Work):

I require transport, to Camp from Camp I can help with transport

Do you have any health conditions the Camp organisers need to know about? YES NO

If so what is(are) the condition(s)?

Do you require medication for your condition(s)? YES NO

Will you have sufficient supplies of your medication with you? YES NO

Contact details for your family Doctor: Tel No

Are there any other matters the Camp organisers should know about you? YES NO

If so, please contact the Camp Director direct. (Contact details on previous page.)

Adult Help: is available / is not available to help, from:

5pm Fri 29 to 3pm Sat 30 OR 5pm Sat 30 to 3pm Sun 1 (Tick one)

Participants AND Parent/Caregivers, Please sign the following disclosure:

'I agree to abide by all fair and reasonable directions made by the Camp Director, Instructors and Parent Helpers.

'I agree to attend and participate in the Camp at my own risk.'

Participant

Parent/Caregiver

I have read all information and agree to attending the Camp.

Please send this entry form, fully completed, without delay, to:

The Camp Director,
39 Roseneath Tce,
Wellington