

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 28 April to Sun 30 April 2006**. (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 **cost** of the Camp is **\$50**. 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 the possibility of 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 have been invited to present and/or are supervising the programme. (tbc = to be confirmed):

Eric Hollingsworth: High Performance Director at Athletics New Zealand. (tbc)

Gary Moller: Lydiard Foundation (tbc)

John Sloane: Podiatrist

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 19 April 2006. 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: (027) 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 28to 3pm Sat 29 OR 5pm Sat 29 to 3pm Sun 30 (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.'

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

Please send this entry form, fully completed, without delay, including the \$50 cost, to:

The Camp Director,
39 Roseneath Tce,
Wellington

Make cheques payable to Olympic Harriers