

Team Wairarapa Athletics Inc

Athletics First, Fitness, Fun, Success in the Wairarapa

TRAINING CAMP REGISTRATION FORM

IMPORTANT NOTES

1. This training camp will be held from 25th-27th September 2009.
2. The venue for the training camp will be Wairarapa College, Masterton.
3. Only one form per athlete.
4. Please make cheques payable to Team Wairarapa Athletics Inc.
5. Please forward this form by 11 September 09, together with payment to:
Team Wairarapa Training Camp, PO Box 2115, Masterton
6. Any queries please phone Mark Harris on 06 377 0255 or 021 300 380
7. All Prices are GST Inclusive.
8. All registered athletes for the camp are to assemble for the camp at 4.00pm on Friday 25th September 2009 at Wairarapa College. The camp will conclude at 3pm on Sunday 27th Sept 2009.
9. Numbers limited to the first 40 athletes registered, and for athletes 10 years of age and older.

A: DELEGATE REGISTRATION

Given Name:

Surname:

Preferred Name [Lapel Badge]:

Age:

Club:

Postal Address:

City:

Post Code:

Telephone [w]:

[h]:

[Mob]:

Fax:

Email:

Special Requirements [e.g. Diet / Disability]:

Emergency Contact [Name and Phone Number]:

Arrival Details [Please state how you will arrival at the camp]

B: REGISTRATION FEES

**Standard Registration
Before 18 September 09**

**Late Registration
After 18 September 09**

Full Delegate – Live In (Please tick box)

Includes accommodation, meals, coaching and goodie bag

\$170.00

\$180.00

C: PAYMENT SUMMARY

Section B: Registration Fees

\$ _____

TOTAL PAYMENT ENCLOSED

\$ _____

Please make cheques payable to Team Wairarapa Inc. Please forward this form by 18 September 2009, together with payment to **Team Wairarapa Training Camp, PO Box 2115, Masterton**. *Please note – It is important that we get either a fax number or email address to send a confirmation letter and receipt back to.*

PO Box 2115, Masterton, New Zealand
mark@hamillharris.co.nz
Phone 06 377 0255 Mobile 021 300 380

PROGRAMME OF EVENTS

Friday 25 Sept 2009

4.00pm - 4.30pm	Arrival and Registration for the Camp
4.30pm - 5.00pm	Ice Breaker
5.00pm - 5.30pm	Welcome and Camp Plan
5.30pm - 6.30pm	Free Time to get settled in
6.30pm - 7.30pm	Dinner
7.45pm - 9.30pm	Team Building Exercise

Saturday 26 Sept 2009

7.30am - 8.30am	Breakfast
9.00am - 11.00am	Training Session
12.00pm - 1.00pm	Lunch
1.15pm - 3.00pm	Group Sessions
3.30pm - 5.30pm	Training Session
6.30pm - 7.30pm	Dinner
7.45pm - 9.30pm	Team Building Exercise

Sunday 27 Sept 2009

7.30am - 8.30am	Breakfast
9.00am - 11.00am	Training Session
12.00pm - 1.00pm	Lunch
1.15pm - 2.45pm	Training Sessions
2.45pm - 3.00pm	Conclusion and departure

Notes:

1. There will be two strands running during this camp as follows: -
 - a. Children aged 10 – 12 years will do multi events together
 - b. Children aged 13 and older can be more event specific
2. Group sessions will be everyone together undertaking a session. Dependent on numbers we may run two strands for this.

COACHES

Criss Strange (Horizontal Jumps and Hurdles)
Debbie Strange (Throws Coach)
Greg Lautenslager (Middle Distance)
Bev Petersen (Sprints Coach)
?? (Vertical Jumps)