

GERALDTON CAMP 2014 PARENTS INFORMATION

Coaches

Warren Paynter

Tiffany Wall

Parents

Brian Kimber

Alison McCulloch

Midwest Football Academy (Accommodation) – Located at the Geraldton Senior College

Ian Taylor (Director)

Geraldton Aquarena

Reception

Geraldton Swimming Club

Angela DeLaurentis

Please contact Tiffany or Warren only if there is an emergency or you cannot pick your child up from Arena on the Monday. Just let us know who will be there so we can account for all swimmers when returning home. Please only use the other contacts if you cannot reach us.

We will try to keep everyone updated on our adventures and whereabouts via the ASC facebook page and the ASC website.

Drop Off: Friday 24th January 2014 at 6.30am Pick

Up: Monday 27th January 2014 at 3.30pm

What to Bring: NAME ALL OF YOUR THINGS!!

- | | |
|------------|--|
| Food | Packed lunch for the trip up and Snacks for the duration of the camp (crackers, muesli bars etc). B'fast, Lunch and Dinner are all provided. |
| Net Bag | Fins, Board, Pull Buoy, Goggles, Cap, Waterbottle (at least two!). |
| Sleep Gear | Pillow, mattress cover sheet, sleeping bag |
| Camp Bag | Active gear, Bathers (2-3 pairs both training and general beach), Boardies and Rashies, running shoes, thongs, hat, towels (2-3), Sleep wear, underwear, toiletry bag –toothpaste/brush, shampoo/conditioner, body wash, sunscreen. Some nice clothes for a movie visit. |
| Day Pack | This you may take on the bus/car trips and include your packed lunch on the way up, snacks, water, and sunscreen, bathers, towel, and hat should you wish to go for a swim at Jurien Bay. |

Don't forget any asthma, epi-pens or any other medication if you require it.

Sporting Equipment – cricket set, football, basketball should anyone have anything they want to bring. (Warren and Tiff will get the kids to talk to each other about equipment so we don't have 10 cricket sets and 20 footballs etc.)

Our Timetable *(is subject to change)*

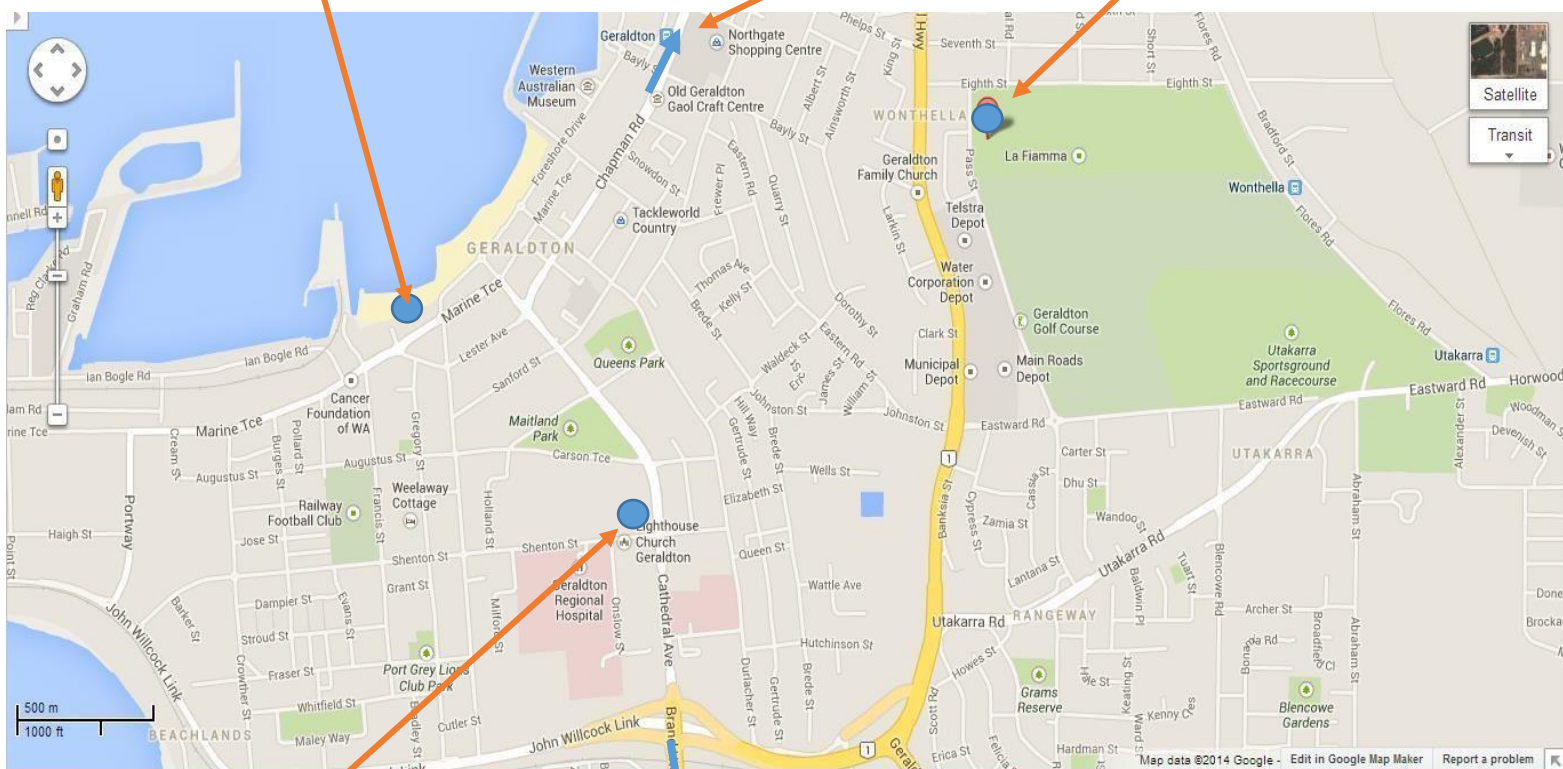
| Time | Friday 24/1 | Saturday 25/1 | Sunday 26/1 | Monday 27/1 |
|---------|----------------------------|------------------------|----------------------------------|-----------------------------|
| 5.00am | | | | |
| 5.30am | | | | |
| 6.00am | | | | Morning Exercise |
| 6.30am | Arrive at Arena | Breakfast | Morning Exercise | |
| 7.00am | Depart and Travel | | | Breakfast and Clean Up |
| 7.30am | | | | |
| 8.00am | | Beach Training | Breakfast | |
| 8.30am | | | | |
| 9.00am | | | | |
| 9.30am | Arrive 9.30 J. Bay | Break | Sandboarding | Leave Geraldton |
| 10.00am | | | | |
| 10.30am | | Dragon Boating | | |
| 11.00am | Depart 11.00 J. Bay Travel | | | Travel plus short stopover. |
| 11.30am | | | | |
| 12.00pm | | Lunch and clean up | Lunch and clean up | |
| 12.30pm | | | | |
| 1.00pm | | | | |
| 1.30pm | Arrive Geraldton | | | |
| 2.00pm | Settle | Inflatables (Aquarena) | Beach/ Foreshore | Arrive at Arena |
| 2.30pm | | | | |
| 3.00pm | Swimming | | | |
| 3.30pm | | Wash up | | |
| 4.00pm | | Team Building | | |
| 4.30pm | | | | |
| 5.00pm | Free Time | Free Time | Free Time and Wash Up | |
| 5.30pm | | | | |
| 6.00pm | | | | |
| 6.30pm | Dinner | Dinner | Dinner on the beach Awards Night | |
| 7.00pm | | Clean up | | |
| 7.30pm | Clean Up | | | |
| 8.00pm | Night Activity 1 | Night Activity 2 | Watch Fireworks | |
| 8.30pm | | | | |
| 9.00pm | | | | |
| 9.30pm | Lights Out | Lights Out | Lights Out | |
| 10.00pm | | | | |

Map of the Area

Yacht Club and Foreshore

to Bluff Pt. (Sandboarding)

Aquarena



Accommodation

to Perth

Mobiles and iPods (no iPads) Child's

responsibility!

Phone calls only to parents at night.

iPods for the travel to and from Geraldton.

Reminder that these devices are considered anti-social and that the purpose of the camp is team socialisation and cohesion. If these devices are misused in any way or found to be used when they are not supposed to be used they will be confiscated and handed back to the child at the end of the day and their parents will be contacted immediately.

We will have a camera so it is unnecessary for swimmers to bring their own.

Medical

Please double check that Tiff is aware if your child has any allergies. We do have one child (boy) with a NUT allergy so please try to minimise bring nuts of any kind on the camp.

There will be a couple of first aid kits. If your child wishes to bring their own Panadol/nurofen for headaches just let Tiff know so she knows how much and what they are taking.

Double checking for travel sickness as well. If anyone does suffer travel sickness can you please let Tiff know.

ANY QUESTIONS PLEASE CONTACT OR EMAIL TIFFANY!!!!