

SOUTHERN METROPOLITAN REGION

Skills Coaching Camp 2009

Friday 20th November to Sunday 22nd November 2009

Merricks Camp and Conference Centre

Melways Ref: 192 B11

Age Groups: Under 9 to Under 16

Cost: \$90 (GST included)



Registration Information

Registrations are limited to 100 children from affiliated Centres with the VLAA who are in the Under 9 to Under 16 age groups registered with Little Athletics.

All applications are to be completed on the official registration form and accompanied by a cheque for \$90.00 total fee.

Cheques should be made payable to –

Southern Metropolitan Region and addressed to:

Tina Miller
168 Old Wells Road
Seaford VIC 3198
(H) 9785-1676
(M) 0402-084-878
(E) smr.education@vlaa.asn.au

Registrations close Friday 6th Nov 2009

Terms and Conditions

Only upon payment in full of the total sum will each person become eligible to participate fully in the camp activities.

All children must remain under the guidance and control of adult supervisors at all times.

The Region reserves the right to postpone or cancel the camp for any valid reason whatsoever, in which case all monies paid shall be fully refunded.

What to bring

Sleeping bag/Bedding
Pillow
Bathers and Towel
2 sets of training gear
Spare shoes and socks
Tracksuit
Warm clothes

Pyjamas
Toiletries
Sun hat
30+ sunscreen
Insect repellent
Torch
Bath Towel

Medical Questionnaire

Does your child suffer from any of the following?

Bedwetting	<input type="checkbox"/>	Heart Condition	<input type="checkbox"/>
Dizzy Spells	<input type="checkbox"/>	Sleepwalking	<input type="checkbox"/>
Asthma	<input type="checkbox"/>	Blackout	<input type="checkbox"/>
Fits of any type	<input type="checkbox"/>	Allergies	<input type="checkbox"/>

Any other problems

Please give details:

Last tetanus injection was:

If over 5 years since last tetanus is a booster to be arranged prior to camp?

Is this the first time your child has been away from home? Yes / No

Is your child currently taking medications? Yes / No

Please hand all medications to camp organiser on arrival, named and with list of instructions.

Are you ambulance subscribers? Yes / No

Medicare No:

Private health fund? Yes / No

Name of fund:

This information is strictly confidential

Cut here

Registration form

Please register me for the Southern Metropolitan Region Camp to be held at Merricks Camp and Conference Centre from Friday Nov 20th to Sunday Nov 22nd, 2009

Name:

Gender:

Date Of Birth:

Age Group: U

Address:

Suburb:

Postcode:

Home Phone:

Mobile:

Centre:

Allergies:

Please complete medical declaration on reverse side.

Parent/Guardian's Declaration

I
being the parent or legal guardian of the athlete, hereby give permission to the camp organisers to seek and approve of any medical attention of the medical profession to administer an anesthetic in matter of emergency. This authority is in respect to my child on the camp.

Sign: Date:

Enclosed is cheque for \$90 made payable to: Southern Metropolitan Region

Applications close Friday 6th November, 2009

Proposed Programme

Please ensure your child has a meal before arrival.

Friday November 20th

6:00 – 7:00pm Arrival at Camp
Allocation of rooms,
Camp rules,
Opening and Welcome
8:00 pm Video
9:30 pm Supper
10:00 pm Lights Out

Saturday November 21st

7:00 am Early morning jog
8:00 am Breakfast
9:00 – 12:00 pm Coaching
12:30 pm Lunch
1:30 – 2:30 pm Coaching
3:00 – 5:00pm Fun Activities
6:00 pm Dinner
7:00 pm Red Faces Competition
10:00 pm Supper, Lights Out

Sunday November 22nd

7:00 am Aerobics
8:00 am Breakfast
9:00 – 12:00 pm Coaching
12:30 pm Lunch
1:30 – 2:00 pm Clean up and pack
2:00 – 3:00 pm Fun Activities
3:30 pm Parents arrive to pick up their children. Please no later than 3:30pm

All Supervisors and Coaches hold a Working with Children Check

Cut here

How to get there

Where is the Camp?

Merricks Camp and Conference Centre

3670 Frankston/Flinders Rd, Merricks

Melways Ref. 192 B 11

