

## COSTS

### Early Bird Fees

Nominate and pay before 16<sup>th</sup> November  
and you will pay:

Boarders:	\$250
Day Attendees:	\$195

Nominate and pay after 16<sup>th</sup> November  
and you will pay:

Boarders:	\$265
Day Attendees:	\$210

Closing date for all nominations is 7th December

## WHAT YOU RECEIVE

### Boarders Fees Include All:

- Accommodation
- Meals
- Specific coaching by ATFCA qualified coaches
- Entertainment and fun activities
- Camp Hat
- Camp Backpack
- Camp Photo
- Water Bottle
- Attendance Certificate
- Full supervision by experienced personnel

### Day Attendee Fees Include

- All of the above except accommodation and breakfast



## OBJECTIVES OF THE CAMP

The camp is designed to give athletes the opportunity to develop their technique and fitness in a variety of athletic events. Coaching will be offered in small groups across most disciplines, in order to cater for the needs of all who attend.

## GENERAL INFORMATION

- Camp will begin from 10.00am Monday 7<sup>th</sup> January and will conclude on Wednesday 9<sup>th</sup> January at 4.00pm.
- Three sessions of coaching will be conducted each day, as well as group activity sessions.
- Parents wishing to learn more about coaching are welcome to attend the daily coaching sessions. However accommodation and meals are not available for parents.
- **U7 Boarders are required to have 1 parent accompany them for the duration of the camp.** The costs for an U7 parent boarder will be \$130.00
- Should camp numbers not reach 50 the camp may be cancelled and a full refund will be issued.
- Once paid, if your child's attendance is cancelled within 30 days prior to the camp date, an administration fee will apply.
- Transport to and from the camp venue is the individuals responsibility and is not included in the camp costs.

## FOR MORE INFORMATION

If you require more information contact the Association Office.

Phone: (07) 3255 9436 or 1300 559 436

Email: [info@qlaa.asn.au](mailto:info@qlaa.asn.au)

Website: [www.qlaa.asn.au](http://www.qlaa.asn.au)



# 2013 SUMMER COACHING CAMP

## AGE

U7 - U15

## LOCATION

Maranatha Recreation Camp  
275 Wappa Falls Rd  
Yandina, Sunshine Coast

## DATE

Monday 7<sup>th</sup> - Wednesday 9<sup>th</sup>  
January 2013



Robertson Gardens - Brisbane

## MEDICAL INFORMATION

Athlete's Name: \_\_\_\_\_  
 Doctor's Name: \_\_\_\_\_  
 Phone No: \_\_\_\_\_  
 Medicare No: \_\_\_\_\_  
 Expiry Date: \_\_\_\_\_  
 Are you in a private health fund? YES / NO  
 Name of Fund: \_\_\_\_\_  
 Date of last Tetanus injection: \_\_\_\_\_

### Emergency Contact Details

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone No: \_\_\_\_\_

Does your child have any medical conditions?\*

YES / NO If YES, please list the condition, any medication required and the dosage.

Does your child have any specific nutritional requirements? YES / NO

If YES, please list

Does your child have any allergies? YES / NO

If YES, please list.

Are there any other things we should be aware of?

(E.g. bed wetting)

\*PLEASE ATTACH A PASSPORT SIZE PHOTO OF YOUR CHILD IF THEY HAVE ANY MEDICAL CONDITIONS

## CHOICE OF EVENTS

- U7 and U8 athletes will be combined and taken through all relevant events in the Track, Throws and Jumps disciplines.
- All other athletes select three events from the list below that you would like to be coached in at camp. Place those events in order of preference from 1 to 3 (1 being the event you want to do most, through to 3).
- Select your events carefully as there will be no changes unless under exceptional circumstances.
- The Long and Triple Jump events will be combined, as will the Shot Put and Discus events.
- Beginners Flop is offered for athletes who want to learn the basics of how to flop. Athletes that are more advanced in the flop event should choose High Jump Flop. Athletes **cannot** choose both events.
- U11 athletes who wish to learn High Jump should choose Beginners Flop, as this will also incorporate the scissors event.

Sprints	
Hurdles	
Race Walking	
Long Jump / Triple Jump	
High Jump Scissors (U9 - U10)	
Beginners Flop (U11 - U15)	
High Jump Flop (U12 - U15)	
Shot Put / Discus	
Javelin	

Please return registration form, medical information, choice of events and payment to:

Little Athletics Queensland  
 PO Box 6037  
 Fairfield Gardens QLD 4103

## REGISTRATION FORM

Name: \_\_\_\_\_  
 DOB: \_\_\_\_\_ Age Group: U  
 Centre: \_\_\_\_\_  
 Gender: M F (please circle)  
 Address: \_\_\_\_\_  
 Suburb: \_\_\_\_\_  
 P/code: \_\_\_\_\_  
 Phone No: \_\_\_\_\_  
 Email: \_\_\_\_\_

*Boarder OR Day Attendee*

(please circle)

- .....
- Nominations will not be accepted without full payment - cheque, money order or credit card (see below).
  - All nominations must be received by **Friday 7<sup>th</sup> December 2012**
  - No late nominations will be accepted.

By signing this form:

- Should an accident occur, you authorise camp staff to obtain medical assistance which they deem necessary, and agree to pay all medical expenses incurred on behalf of the child.
- You agree that LAQ, its employees or camp staff cannot be held responsible for any illness, accident, loss of property and/or wages, which may occur.

Parent Signature: \_\_\_\_\_

.....  
 Name on Card: \_\_\_\_\_

Card No: \_\_\_\_\_

CCV: \_\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_

Payment Enclosed: \$ \_\_\_\_\_

Card Holder's Signature: \_\_\_\_\_

Please read all information before signing this form.