

Registration Information

Registrations are limited to a maximum of 100 athletes for each camp and must be registered members of Little Athletics Centres in the Eastern Metropolitan Region (EMR). You DO NOT lose Centre or Club attendance points if you attend this camp.

Applications must be made online. Go to: emr.org.au and find Crystal Creek on the home page, click on the link to "clubsonline." After registering you will receive an E-mail confirmation and information on how to pay the \$150.00 fee and bus departure information. Applications close midnight on the Wednesday prior to each camp or when the camp is full.

The Region Camp Co-ordinator is Lawrie Barnett, 253 Auburn Road, Hawthorn 3122. Tel. BH 9882 8144 • Mobile 0414 587 888. Email: emrcamp@actionprinting.com.au

Terms and Conditions

Upon payment of the total sum, each athlete is eligible to participate in all the camp activities.

Cancellations - No refunds once application has been processed.

EMR reserves the right to cancel the camp should insufficient registrations be received.

Athletes are grouped by age for coaching.

EMR does not accept any liability for personal injury, property damage or loss sustained by any participant as a result in their participation during the camp. Athletes must immediately report missing personal property to the Camp Co-ordinator.

All Medication to be clearly labelled with name and full instructions and handed to the Camp Co-ordinator.

Athletes must abide by the camp rules and LAV Code of Conduct.

What to Bring

Sleeping bag	Pillow & Pillow slip	Bath towels
Toiletries in a bag	Bathers and towel	Sun hat
Sunscreen Lotion	Spare shoes & socks	T-shirt
Tracksuit	2 sets of running gear	Torch
Pyjamas/Boxers	Club/Centre T-shirt	Warm clothes & parka

***Blankets are supplied *Do not bring spending money but a gold coin would be appreciated for the Royal Childrens' Hospital.**

Accommodation

Accommodation is cabins and rooms, taking between 6-8 athletes in bunks. Some cabins feature en-suites. Allocation is announced on Friday evening on arrival at Crystal Creek. Where possible athletes are grouped with friends or Centres and by age group.

Athletes are supervised by experienced camp co-ordinators and coaching is conducted by ATFCA accredited coaches (Min Level Two). Persons with first aid and swimming qualifications are in attendance.

2011 LITTLE ATHLETICS COACHING CAMPS

A COACHING CAMP AT CRYSTAL CREEK, ALEXANDRA FOR THE BEGINNER AND THE ADVANCED LITTLE ATHLETE TO IMPROVE TECHNIQUE AND SKILL IN TRACK AND FIELD EVENTS



Friday, November 4th to Sunday, November 6th,
for **Under 12-15 Athletes**

Friday, November 25th to Sunday, November 27th,
for **Under 10-11 Athletes**

CRYSTAL CREEK

Crystal Creek is located in the Goulburn River Valley about 6 kilometres south-west of Alexandra off Maroondah Hwy near the 125km post. The natural beauty and farm setting of the camp provides a safe atmosphere which is conducive to relaxation and having a great time with the group.



The venue is designed to allow for a variety of activities. A large oval caters for all our track and field needs with jump pits, shot put and discus rings. Equipment including hurdles and high jump facilities is set up for coaching sessions by accredited ATFCA coaches. Athletes are coached in their own age group. Full catering is provided in the well equipped dining hall and meeting room.



Crystal Creek offers activities including Swimming, Obstacle Course, Canoeing for U12-15, etc. The layout is excellent and offers clean, unpolluted fresh country air. Athletes and activities are supervised by qualified camp co-ordinators. They will ensure all athletes will experience an enjoyable time as well as developing and improving their skills and techniques from the coaching sessions. Only personnel who hold a current "Working With Children Check" are involved at the Camp.

Proposed Program

Friday

- 4.45 pm
- 5.10 pm
- 5.40 pm
- 6.10 pm
- 7.50 pm
- 8.00 pm
- 8.30 pm

Bus departs:

- Kew Athletics, Stradbroke Park, Burke Road.
- Doncaster Athletic Track, George Street.
- Proclamation Park, Ringwood
- Lilydale Reserve - Main Street near entrance in service road just up from the Olinda Hotel.
- Approx. arrival time at Crystal Creek.
- Room allocation, camp rules
- Dinner.
- Torchlight walk.

Saturday Coaching & Activities

- 7.00 am Early morning jog and warm up.
- 7.45 am Breakfast.
- 8.45 am Warm up - flexibility - exercises.
- 9.15 - 12.00 pm Coaching.
- 12.15 pm Free Time Activity.
- 12.45 pm Lunch.
- 2.00 - 4.30 pm Coaching.
- 4.30 pm Group Activity
- 6.00 pm Dinner.
- 7.00 pm Orienteering.
- 8.30 pm Activity.
- 9.50 pm Supper.

Sunday Coaching & Activities

- 7.15 am Early morning warm up.
- 7.45 am Breakfast.
- 8.45 am Warm up - flexibility - exercises.
- 9.15 - 12.00 pm Coaching.
- 12.30 pm Lunch
- 1.30 pm Presentations/Meeting Celebrity Guests
- 2.30 pm Free time/Activities/Swimming
- 5.00 pm Departure of bus.
- 6.00 pm Approx. arrival time Lilydale.
- 6.30 pm Approx. arrival time Ringwood
- 6.50 pm Approx. arrival time Doncaster
- 7.10 pm Approx. arrival time Kew

Final Departure and Arrival details will be in acceptance email after registering online.