

COSTS

Early Bird Fees

Nominate and pay before 11th November
and you will pay:

Boarders:	\$295
Day Attendees:	\$215

Nominate and pay after 12th November
and you will pay:

Boarders:	\$315
Day Attendees:	\$235

Closing date for all nominations is 3rd December

All costs are inclusive of GST

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
- Camp Booklet
- 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

- Registrations will be taken from 10.00am Monday 9th January and all participants are expected to be in camp by 10.45am.
- Camp will finish on Thursday 12th January at 4.00pm.
- Verbal assessments are given to all athletes in their selected disciplines.
- Three sessions of coaching will be conducted each day, as well as group activity sessions.
- Coaching is based on progressive technique teaching.
- 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 \$185.00
- 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

Website: www.qlaa.asn.au



2012 COACHING CAMP

AGE

U7 - U15

LOCATION

Maranatha Recreation Camp
275 Wappa Falls Rd
Yandina, Sunshine Coast

DATE

Monday 9th - Thursday 12th
January 2012



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:

Queensland Little Athletics Association
 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)

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- Nominations will not be accepted without full payment - cheque, money order or credit card (see below).
 - All nominations must be received by **Friday 3rd December 2011**
 - 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.