

## PCA Orcas / Swordfish & Wgtn Qualified Summer Champs swimmers Summer Training Camp

### **Hello All Orcas, Swordfish & Wgtn Summer Champs qualified Swimmers & Parents**

A mini Camp has been proposed for all PCA Swimmers in our Orcas or Swordfish squads as well as other junior swimmers who have qualifying times and will be swimming at the 2012 Wellington Summer LC Champs.

As a swimmer in either of these squads or a club swimmer meeting the eligibility criteria for the 2012 Wellington Summer LC Champs, PCA want you to attend the 2012 Junior Summer training camp.

Extended training times between January 9<sup>th</sup> and 19<sup>th</sup> 2012 will form part of this along with a mini camp (3 nights / 4 days) to be held at Camp Elsdon, Porirua, Jan 10<sup>th</sup> to 13<sup>th</sup>.

### Swimmers proposed Training sessions

#### **January 9<sup>th</sup> to 19<sup>th</sup>**

Swordfish, Orcas & PCA Swimmers qualified for events at the 2012 Wellington Summer LC Champs  
PM Sessions – Cannons Creek Pool  
Monday to Friday 4.30pm to 6.30pm

#### **January 9<sup>th</sup> to 13<sup>th</sup>**

Orcas & PCA Swimmers qualified for events at the 2012 Wellington Summer LC Champs  
AM Sessions – Te Ruaparaha Arena (\$3 door entry each morning not included in camp fee)  
Monday to Friday 6.30am to 8.30am

### **Mini Camp Proposal**

PCA want ALL swimmers from Swordfish, Orcas and or Wgtn LC Summer Champs qualified Swimmers to attend this Team Building Mini Camp.

Location – Camp Elsdon – Kowhai Lodge

Dates – 10<sup>th</sup> January 2012 to 13<sup>th</sup> January 2012

Mini Camp Cost – All Accommodation, Food & Activities included - Approx \$170.00pp

- See attached schedule of events for more details
- Any extra cost incurred over \$170pp will be invoiced proportionately back to each swimmer

Confirmation of attendance – **Confirmation Form and \$100 deposit required by Monday 28<sup>th</sup> Nov**

- Form attached
- \$100 Deposit can be paid by Cash, Cheque on club night and receipt in the squad receipt book or Internet transfer to 030547 0205093 02  
Or handed in to Andy Wilkinson or Lizie Plummer

#### **NOTE:**

If attending camp Swordfish, Orcas & PCA Swimmers qualified for events at the 2012 Wellington Summer LC Champs that are required to swim the morning sessions at Te Ruaparaha Arena will incur an extra \$15 fee for Pool entry

## **CAMP DETAILS**

### **Camp Costs \$170pp Break Down**

Accommodation Costs – \$20 per person per night X 3 = \$60.00

Meal Costs – Approx \$15pp per day X 4 = \$60pp (proposed Menu attached)

Activity Costs – Total Events Package = \$50.00

- Denny’s Tuesday Breakfast – \$10.00
- Movies + Pop Corn – \$12.00pp
- Strike Ten Pin Bowling + Go Karting Package – \$18.00pp
- Pirates Cove Mini Golf – \$10.00pp

### **Adult Supervisors**

Lizzie & Chris Plummer – Camp Parents (At camp 24 hours over entire camp duration)

Andy Wilkinson & Pauline Harris (TBC) – Dinner Chefs

Andy Wilkinson – Breakfast Cook

### **Volunteers Required**

- 2 extra Camp helpers to sleep over at Camp Elsdon (Confirmation pending Police check)

Job description,

Hours 6.30pm to 6.30am

Assist with evening activities (games, movies etc)

Help with Supper

Get the children settled into bed by 9pm

Stay in the Lodge as guardian (Own room supplied)

Wake the Morning Session training swimmers @ 5.30am

Walk them down to Te Ruaparaha Arena (1km) for 6.30am training start time

Return for Breakfast

- 3 extra Day shift helpers to assist during the day in camp and out of camp at activities.

Job description,

Hours 8.30am to 4pm

Job share considered

2km walk to Strike, 1km walk to Readings and 1.7km walk to Pirate Cove Mini Golf

- Transportation Team (Enough drivers, cars or vans to transport 20 – 25 children from their afternoon events to Cannons Creek Pool and back to Camp Elsdon at the completion of training.

Job description,

Hours 4pm to 7pm

Own transport required

Must be available between the hours of 4pm to 4.30pm and 6.30pm to 7pm

- Morning, Breakfast and Dinner helpers.

Job description,

Hours 6am to 8.30am (Morning Supervision and Breakfast set up)

Hours 6pm to 7.30pm (Dinner Supervision & set up)

**Volunteers keep the costs down so please indicate on the confirmation form what jobs you can assist with. Questions call Andy 021 986 533**

## **Camp Catering**

### Breakfast

- Toast & Spreads
- Cereal & Fruit
- Baked Beans & Spaghetti
- Beverages

### Morning Tea

- Fruit
- Selection of Baking Muffins / cake / Slices
- Beverages

### Lunch

- Sandwiches / Rolls
- Bacon & Egg Pie
- Selection of Baking Muffins / cake / Slices
- Fruit
- Beverages

### Afternoon Tea

- Fruit
- Selection of Baking Muffins / cake / Slices
- Beverages

### Dinner

- Buttered Chicken & Rice
- Spaghetti Bolognaise
- Lasagne
- Desserts
- Beverages

### Supper

- Selection of Biscuits
- Hot Chocolate

Please discuss any further dietary requirements with us as we may be able to take steps to accommodate these, no promises but we will do our very best.

## Proposed Mini Camp schedule of events

### **Monday 9<sup>th</sup> Jan**

Swimming TRA 6.30am – 8.30am

Swimming Cannons Creek 4.30pm – 6.30pm

### **Tuesday 10<sup>th</sup> Jan**

Swimming TRA 6.30am – 8.30am

9am – Breakfast @ Denny's Porirua

10.00am – Walk up to Camp Elsdon to meet parents at 10.30am - Morning Tea

11am – Settle into camp & Briefing to swimmers on PCA camp expectations (All welcome)

1pm Lunch

1.30pm – Afternoon Activity – Pirates Cove Mini Golf (Weather permitting)

3.30pm – Afternoon Tea

4pm – Leave for CC Pool

4.30pm – 6.30pm Swimming Training

7pm – Dinner

Supper

Lights out 9pm

### **Wednesday 11<sup>th</sup> Jan**

Swimming TRA 6.30am – 8.30am

9am – Breakfast

10.30am – Morning Tea

11am – Compulsory Rest (Reading, music etc)

1pm Lunch

1.30pm – Afternoon Activity – Movie @ Readings Cinema Porirua

3.30pm – Afternoon Tea

4pm – Leave for CC Pool

4.30pm – 6.30pm Swimming Training

7pm – Dinner

Supper

Lights out 9pm

### **Thursday 12<sup>th</sup> Jan**

Swimming TRA 6.30am – 8.30am

9am – Breakfast

10.30am – Morning Tea

11am – Compulsory Rest (Reading, music etc)

1pm Lunch

1.30pm – Afternoon Activity – Strike Porirua Ten Pin Bowling & Go Karting Combo

3.30pm – Afternoon Tea

4pm – Leave for CC Pool

4.30pm – 6.30pm Swimming Training

7pm – Dinner

Supper

Lights out 9pm

### **Friday 13<sup>th</sup> Jan**

Swimming TRA 6.30am – 8.30am

9.00am – Breakfast

Clean the Lodge

10am – Disassemble from Camp Elsdon and go home

Swimming Cannons Creek 4.30pm – 6.30pm

**Monday 16<sup>th</sup> Jan to Thurs 19<sup>th</sup> Jan – Swimming Cannons Creek 4.30pm – 6.30pm**