

**September 2009**



Edition No. 2



# Training Camp

### UNIFORM FITTINGS:

Athletes will be fitted for Queensland team uniforms throughout the training camp.

Times for fittings will be allocated during the weekend. Head Coaches will coordinate their teams for fittings.

### CAMP MEALS

Dinner will NOT be provided on Friday night ONLY supper. All other meals will be provided for the duration of the camp.

#### PLEASE NOTE:

Your athlete will need to have dinner before arrival on Friday or be provided with a meal FOR Dinner.

### *Training Camp*

**9<sup>th</sup> - 11<sup>th</sup> October**

Tallebudgera Recreation Camp - Gold Coast  
Tallebudgera Connection Road  
Tallebudgera

Athletes & Coaches are asked to arrive from 2pm onwards. It is understood that work commitments and travel arrangements will determine your time of arrival.

Coaches who are able to arrive soon after 2pm to assist with athlete arrivals please do so, it would be much appreciated.

On arrival at the Training Camp you will be issued with a training T Shirt, which will indicate that you are a part of the 2010 Queensland Team and a program.



FROM THE MEDICAL STAFF



DON'T FORGET TO ORDER YOUR WEBSTER PACKS FOR THE TRAINING CAMP - WEBSTER PACKS ARE REQUIRED AT THE TRAINING CAMP & AT THE NATIONAL GAMES .

IF YOU HAVE ANY MEDICAL CONCERNS/QUESTIONS INSTRUCTIONS.....

THE TEAM MEDICAL STAFF WILL BE AVAILABLE ON ARRIVAL AT THE CAMP

Jennifer – Swimming, Basketball, Bocce, Bowling

Annette – Athletics, Gymnastics, Golf, Soccer, Sailing



This is an example of a Webster pack. You will need to ask your pharmacist to pack your prescription medication in one of these Webster packs for the training camp. Your photos will be attached to the packs by the Team Nurse.

**IMPORTANT MEDICAL INFORMATION**

Please ensure ALL PRESCRIPTION MEDICATION is packed in Webster packs. Please ask your pharmacist or phone the Medical Official assigned to your sport.

SEE ABOVE THE NURSE ASSIGNED TO YOUR SPORT

**ARRIVING AT CAMP**

*Athletes may arrive any time from 2.00pm – 8.00pm on Friday*

Upon arrival please report to Administration for registration. You will then be directed to the nurses where you will be required to hand in your medication.

Athletes will then be handed over to the coaches of your sport and taken to accommodation areas to settle in.

Families are asked to leave the camp once handover is complete.

A full Team meeting will take place at 8pm.

Special Olympics understands that some athletes are able and capable of self medicating and may find it difficult to loose their independence by handing over medication. However for the safety and the protection of other athletes, it is Queensland policy that all medication is to be kept and administered by the Team nurses. The administration team would appreciate that parents prepare the athletes before arrival for this process.

# What To Bring

## ATHLETE GEAR LIST

ALL items must be clearly named with athletes

FULL NAME.

Check off items below as you pack them.

ITEM	✓
• 1 set of sleepwear	
• Underclothes – enough for 3 days	
• <b>Females:</b> good sports bras/crop tops	
• Cloth or mesh laundry bag with zip or drawstring	
• 2 sets of training gear (i.e. shorts, singlet/top, socks) This can be SO or non-SO gear	
• 1 set of clothes for social night	
• 2 extra t-shirts	
• 2 extra pair of shorts	
• 1 extra tracksuit	
• Water bottle and hat	
• <b>All athletes:</b> pair of swimmers/bathers, sunscreen and towel	

**SPORT-SPECIFIC GEAR LIST: Please make sure you pack the items for your sport.**

• <b>Aquatics:</b> swimmers, goggles, caps, earplugs (if used), towel	
• <b>Athletics:</b> spikes if used	
• <b>Basketball Men:</b> Basketball boots, mouth guards, knee and ankle braces (if used)	
• <b>Basketball Women:</b> As above, plus skipping ropes and strapping tape	
• <b>Bocce:</b> No specific gear required	
• <b>Bowling:</b> Bowling ball and shoes	
• <b>Football:</b> Boots, shin pads, knee and ankle braces (if used), 2 spare shirts, 2 spare shorts, 2 pairs of socks for training.	
• <b>Golf:</b> Golf clubs, golf shoes	
• <b>Gymnastics:</b> MAG & WAG athletes: Shorts and tank-top/singlet or leotard, hand guards and gym shoes (if used)	
• <b>Sailing:</b> Booties or sailing shoes, PFD (personal flotation device), sailing gloves, long sleeved sailing shirt, hat, shorts or long trousers for sailing, spray jacket or wet weather gear, extra towel.	
• <b>Tennis:</b> Tennis racquet(s), tennis shoes	

**The Camp will be finish at 2pm on Sunday.**

## NATIONAL GAMES REGISTRATION

A big THANK YOU to all athletes and families for completing and returning all registration & medical forms

We are happy to report that registration for the National Games is now complete! There will be an opportunity to update scores and times as we prepare for the games – so keep up the training!!

# Important Reminders

## Uniform Presentation:

Location: Police Academy, Rudd Street, Oxley

Date: Saturday 6 March 2010

Time: 11.00am

Final details in a later newsletter



## LEVY PAYMENTS

Levy must be paid direct to your region.

Levies due by:

Levy 1 - \$600 - 31<sup>st</sup> August - should have been paid

Levy 2 - \$600 - 31<sup>st</sup> October

Levy 3 - \$600 - 31<sup>st</sup> January

If you have any queries or questions please contact your regional treasurer.

Remember all monies fundraised **MUST** be paid direct to your region and should not be held by families.

(see Guidelines)

## FUNDRAISING GUIDELINES

Please refer to the Guidelines sheet sent with the first newsletter for full explanation - some reminders.

- Make a fundraising plan
- Submit to your regional committee to forward to the State Committee for approval
- Approval is required before the event
- Plan to make up to 5 times the value of raffle prizes

## FEELING SICK

Please keep your head coach updated if you are not able to attend any of the state training sessions due to illness or for some other reason



Travel details :-

For athletes leaving the team at the end of the games, if you have not already done so, return flight details are to be forwarded to Marion York urgently.

Families should note that return flights must be on a Qantas flight or they will be charged a cancellation fee by Qantas.

# Travel

## **SPLIT OF TEAMS FOR FLIGHTS TO & FROM ADELAIDE**

### **First Flight Out of Brisbane 19<sup>th</sup> April**

Flt 661  
Departing Brisbane 8.35am  
Arriving Adelaide 10.55am

Aquatics  
Gymnastics  
Bocce  
Tennis  
Ten Pin

### **Second Flight Out of Brisbane 19<sup>th</sup> April**

QF 511  
Departing Brisbane 8.45  
Arriving Sydney 10.20am  
QF 747  
Departing Sydney 11.05  
Arriving Adelaide 12.45

Athletics  
Basketball  
Football  
Golf  
Sailing

### **First Flight out of Adelaide 24<sup>th</sup> April**

QF 664  
Departing Adelaide 15.25  
Arriving Brisbane 18.15

Athletics  
Football  
Gymnastics  
Tennis  
Ten Pin

### **Second Flight out of Adelaide 24<sup>th</sup> April**

QF 766  
Departing Adelaide 17.45  
Arriving Sydney 20.05  
QF 556  
Departing Sydney 21.05  
Arriving Brisbane 22.35

Aquatics  
Basketball  
Bocce  
Golf  
Sailing

Due to a number of athletes not returning with the team, there may be an opportunity to transfer some athletes who have a long distance to travel, from second flight to the first flight. This will be confirmed at a later date.

## **Athletes Leaving the Team**

If you plan to leave the team to holiday and travel home with family and you have not already done so, please contact:

Marian York immediately [chair@specialolympicsqueensland.org.au](mailto:chair@specialolympicsqueensland.org.au)

or phone 0413 015195

You will need to inform Marian of your return flight details or method of returning.

Please see list over page.

## TEAM MEMBERS LEAVING THE TEAM IN ADELAIDE.....

If your name **IS ON** the below list in **error**, please contact Marian

If your name **IS NOT** on the list and should be, again please contact Marian

If You agree with information below no need to contact us , however if you don' agree please contact Marian  
As soon as possible.

<b>People who have indicated they wish to leave team but have not notified Marian of flight details or travel arrangements. PLEASE DO SO URGENTLY</b>	<b>People who have provided travel details and have confirmed bookings to return with families</b>	<b>People who have supplied return details but we are awaiting confirmation.</b>	Returning By Car
	Return flights Confirmed	Awaiting Confirmation	
Brianna Duffy	Sally McKenzie	Chris Wright	Colin Marks
Trent Porter	Bradely Van Der Vliet	Michael Baker	Alex Bombolas
Geoffrey Roennfelt	Trent Porter	Henry Evans	Troy Palmer
Brenton Heslehurst	Nicole Bartley	Daniel Cumming	Amanda Patterson
Nicole Groth	Tara Heit		Matthew Walker
Jana Van Der Draai	Andrew Burke		Tiffany Smith
Chloe Johnston	Nathan Modolo		Douglas Hewison
Michael Cox	Rebecca Chinchin		
Carla McCloskey	Tyron Brown		
Marcus Elliott	Ryan Paton		
Holley Stalker	Heyden Weir		
Ross Hughes	Daniel Cumming		
Mitchell James			
Michael McMahon			
Jocelyn Evans			
Levi Mannix			
Craig Woolley			

### **SO.....What do I get when my Queensland representative uniform arrives.**

As a member of the Queensland Special Olympics Team, you will be provided with luggage and clothing to make you look and feel like the Queensland representative you are!!!!

Items will include:

- ⇒ Large travel bag
- ⇒ Smaller bag to take on the plane
- ⇒ Competition uniform
- ⇒ Queensland cap
- ⇒ Polo shirts and shorts
- ⇒ Queensland Socks

The above pieces are all you will need for the duration of the Games.

# Families

## Family / Supporters Contact:

Wendy O'Neill has been appointed State Family Coordinator and will assist families who are planning to travel to the National Games. Regional family coordinators have also been appointed and are listed below. Families please direct your initial inquiries to your regional coordinators who will contact Wendy

Regional family coordinators:

Bundaberg: John Juillerat [l\\_julles@gotalk.net.au](mailto:l_julles@gotalk.net.au)

Brisbane East: Sonia Le Lay [sonial1@bigpond.com](mailto:sonial1@bigpond.com)

Sunshine Coast: Julie Cumming [jcumming@bigpond.com](mailto:jcumming@bigpond.com).

Brisbane North: Debie Willett [willett1104@netscape.net](mailto:willett1104@netscape.net)

Gold Coast: Janet Wright [jwright61@bigpond.com](mailto:jwright61@bigpond.com)

Redcliffe : Sandra Matthews [kyeema@spiderweb.com.au](mailto:kyeema@spiderweb.com.au)

Brisbane West: [sandrawest68@hotmail.com](mailto:sandrawest68@hotmail.com)

Gympie: Merle King (07) 548262 59

**National Games Supporters Shirts** will be available for those who wish to purchase one. NG supporters will have their own distinctive shirt to make them easily identifiable to athletes and other supporters.

Past experience is that families **who have not** ordered a shirt have been **disappointed** when the time comes to show Queensland support. Lets help our teams find you in the crowd - Queenslanders supporting Queenslanders. Although the design has not been finalized, it will be a polo shirt in a lightweight material and predominantly Bone with a Maroon trim in colour

**Only one order will be placed so order now to avoid disappointment.**

Cost will be approx \$30

Most families travelling have filled in an order form. However if you haven't done so please contact State Family Co ordinator

Wendy O'Neill  
3281 9301

with the number and sizes of shirts As soon as possible





Family Packages will soon be available on the Special Olympics Australia Website. If you do not have access to the internet, contact your family coordinator, who will arrange to get one to you.

[www.specialolympics.com.au](http://www.specialolympics.com.au)

## HEAD COACH CONTACTS

<b>Swimming</b>	<b>Liz Ewan</b>	<b>0418185598</b>
Athletics	Di Norton-Smith	0421415633
Basketball Female A Grade	Margaret Robertson	04104709459
Basketball Male A Grade	Kim Lawley	0418106588
Basketball - C Grade	Matthew Gamble	0417684135
Bocce	Jeff Stewart	0403682312
Bowling	Shirley Johnston	0407759865
Soccer (Football) - A Grade	Terry Visscher	0404839166
Soccer (Football) - B Grade	Robert Thompson	0415850182
Golf	Jeremy Smith	0403386357
Gymnastics	Natalie Upshall	0439639964
Sailing	Chris Ruston	0400289963
Tennis	Neil Heyme	0407058211
Team Nurse	Annette Dundas	0419 774 918
Team Nurse	Jennifer Gould	0412 516 994

## RETURNING FORMS

It is important to return all forms so we know you have not forgotten to answer anything~ if you are sent a form and you don't need to fill it out ~ please write on it 'NA', sign it and return it with all other forms ~ this way we know you have received and completed everything you have to.

**KEEP UP THE TRAINING ..... SEE YOU AT THE CAMP**