



INVITATION TO ATTEND THE NEPEAN AQUATIC CENTRE

TEAM BONDING AND TRAINING CAMP IN PREPARATION FOR

OPEN WATER NATIONAL AGE /NSW OPEN STATE & NATIONAL AGE CHAMPIONSHIPS

VENUE : THREDBO NSW This camp venue has been selected for the benefit that the atmosphere provides with altitude training and for the varied team bonding activities that are offered in the area to provide challenges to the athletes.

DATES : Departing from NAC following training on the morning of Monday, 13TH JANUARY 2020

Returning to NAC at approximately 4.00pm on the afternoon of Saturday, 18TH JANUARY 2020

PURPOSE:- The purpose of camp is for team bonding in an unfamiliar environment and to capitalise on training opportunities created from reflection of results post State Age Championships. The timing of the camp follows the return to training after the Christmas & New Year revival break /competing at the MSW Qualifying Meet on 5 January and is in competition preparation.

It will afford an excellent preparation into Open Water Nationals that is scheduled to commence a week after the completion of camp ; then into February where the NSW State Open Championships & The Victorian Open Championships incorporating the Melbourne, 2020 World Para Swimming World Series are targeted – steamrolling into the possibility of travelling to Perth WA to compete in individual events at National Age/Open/Multi-Class.

WHO IS INVITED:- Invitations are extended to all 13 & Over registered NACSC Swimming Members who are actively in training and have set their individual goals to target the aforementioned major competitions.

The team will be accompanied by Jackie Barck Head Coach who will provide a formal itinerary to definite participants upon their meeting registration and payment of deposit requirements herein.

FUNDING:-Financial assistance towards the cost of travel to and from the camp venue for each individual swimmer and head coach has been factored into the club budget and this has been made possible due to the tireless efforts of the current executive and in particular, the fundraising committee. Camp participants will be expected to volunteer and participate in future fundraising efforts of the club. The first of which being the Bunings Bar-B-Que on 22nd December at Penrith.

COST TO PARTICIPANTS:- Approximately, \$1,100.00 per person. This amount is variable upon the cost of transport which is dependant upon the number of athletes attending camp. The amount has been based upon 15 participants. Approval has been granted by the executive committee of NACSC to supplement the cost of 40% for each approved camp participant. It is anticipated that each participant will be required to meet the cost of \$650.00. It is expressed that the cost of transport is a large expense with provision of a coach and driver being \$3,050 including tolls and national park entry fees. Accommodation ; Meals ; Swimming Training Facilities & Gym ; Yoga and Trampoline instruction sessions ; Lift Passes & Bobsled ; Other Specific Activities – Guest Speaker ; Lake Crackenback ; Abseiling.

Note: The higher the number of camp participants, the lower the transport cost becomes per person. If an acceptable number of camp participants is not realised to make a coach and driver, a viable option, an alternative transport option will be discussed with the group to stay within this cost per person budget.

PAYMENT:- Initially, a \$250 non-refundable deposit will need to be collected from each participant prior to Saturday, 21st December 2019 to allow for final accommodation arrangements to be confirmed. The remaining balance (\$400 per person) will need to be paid prior to 13th January 2020. All deposits should be placed in an envelope with the signed acceptance to invitation and handed to jb. The balance of monies may be transferred at your convenience directly to the following NACSC Bank Account, using the surname of the camp participant and Thredbo as the payment reference:

BSB: 062 445

Account number :1071 3191

Account Name: NEPEAN AQUATIC CENTRE SWIM CLUB INCORPORATED

FORMS:- Intention to attend the camp will need to be signed by each swimmer and parent initially followed by a Nutrition Information Form required for catering purposes. NACSC Code of Conduct and Medical Consent Forms will be supplied with the final itinerary and these will need to be completed, signed and returned with final payment before departure.

Brief Outline of the Proposed Activities Over the 5 day Camp:-

Transport

Transfer NAC to Thredbo Village (and return). Currently reserved with M & L Coach Hire – Max Friend driver

Accommodation

Loft Style Quad Share rooms or Twin rooms for athletes and a separate room for Head Coach at Boali Lodge, Thredbo Village.

Meals

Breakfast –To be brought from home or purchased on the day of travel. On camp, (Tuesday to Saturday) catering in the Lodge dining room with meals prepared by the in house chef.

Lunch – To be purchased on route on the days of travel. In house catering in the Lodge dining room (Tuesday, Wednesday). Note: 2 meals will be prepared for eating away from the Lodge dining room on activity days (Thursday, 16th & Friday, 17th).

Dinner - In house catering in the Lodge dining room with 2-course menu to be supplied by chef for selection choices (Monday, Tuesday, Wednesday, Thursday, Friday).

Snacks – there are shops in the Thredbo Village to purchase snacks. However, it is suggested that purchases be limited and snacks be packed from home.

Planned Activities

Swim Training:- Two x 2hour pool swimming training sessions have been scheduled each day with the exception of Monday 13th when the first session will be held at Thredbo in the evening & Saturday 18th January when training has been scheduled on the morning of departure and not in the afternoon of travel. The facility has provided the team with either 3x 50m lanes or 4 x 25m lanes for each session in the indoor Leisure Centre.

A full kit bag including snorkel , fins , drag shorts , band , pull bouy , kick board , sponge , resistance board will be required to be taken by each participant (the last 2 items will be supplied by jb for use on camp and return).

Activation and Stretching Room – access has been scheduled before and after each pool session. *Bring a stretch band ; roller and massage ball etc.*

Gym Access -3 sessions have been specified and are scheduled before or after swim sessions and between swim training sessions & meals etc.....Equipment is specific to the needs of athletes and a list of available equipment will be provided to participants so that ideal programmes can be prepared and discussed with James Sweeney.

Rock climbing wall – A session has been scheduled to challenge at the Thredbo Leisure Centre.

A basketball court ; tennis court ; Recovery Spa & Sauna are available at the Thredbo Leisure Centre and these activities have been scheduled over the week. Also, an ice-bath is planned to be transported and facilitated.

A specific Yoga session to be undertaken with instructor at the Thredbo Leisure Centre. Flexibility and Stretching components learned are to be carried out after each pool session throughout the camp to aide in recovery.

A Trampoline Session has been booked to be undertaken with an instructor at the Thredbo Leisure Centre. The skills learned should assist swimmers to practise in free time to increase agility and should aide with speed on starts & turns.

Return shuttle to Lake Crackenback Resort (20 mins drive) where the group will complete an Open Water swim in the snowy run off cold water across the lake. The swim will be followed by a range of outdoor activities beginning with canoeing/kayaking ; cycling (on a track) & archery prior to lunch (packed picnic lunch to be provided by Lodge chef) then afternoon activities available include badminton ; trampolines ; tennis ; basketball hoop ; team Frisbee golf. There is also an indoor pool , fitness centre , spa , sauna , games room & playground available for free time activities. *Suitable clothes and shoes for all activities , aeroguard & sunscreen will be required.*

Bobsled experience under instruction – a challenge not for the faint-hearted.

Alpine Walk to the top of Mount Kosciusko following a chairlift experience from the base to the alpine walk trail commencement. It is a decent trek and the team will be photographed standing on the highest point in Australia.

Tour walk to the base of Signature Rock for a rock climbing and abseiling experience. The chairlift will be experienced for a second time.

You will require a small backpack ; Water minimum 1 litre bottle ; snack food and packed lunch to be provided by our lodge chef ; sunscreen & sunglasses ; grippy shoes - volleys work well or 'approach shoes' or climbing shoes ; windproof jacket ; protective long sleeved shirt & pants ; gloves & hat or beanie.

Skate Ramp & Trampoline Centre with trampolines for casual use are located adjacent to accommodation Lodge. *Bring your own skate gear including safety pads & helmet if intending to skate in your free time.*

Park Activities in the Village and adjacent to the Lodge to be used for to be used for activation sessions & boot camp activity

Conference room will be utilised following training sets to discuss application and results and for team activities scheduled during the day or in the evening.

A guest speaker has been invited to specifically present to our group – it is a high achieving local sporting personality – final arrangements are to be confirmed with the Lodge.

Cinema Experience –details to be confirmed & to be arranged.

Fancy Dress – Dress up gear to be packed and brought to camp by individuals. Further details in formal itinerary.

Other Activity Considerations & Possible Fundraising Suggestions To be discussed as a group when definite participants are known.

Raffle – Donate Items for a New Year Party Hamper – jb will box up /cellophane donations and tickets can be sold by team members.

Guessing competitions – each team member to provide a guessing competition item (eg: jelly beans in a jar) – \$1- coin guess –to be run weekly and finished at each Friday club night – the winner receives the item.

\$100 club (\$2- per ticket – raises \$50 per draw)

Bar-B-Que date & venue to be nominated (seek a donation of sausages & bread etc & we would need a couple of adult chefs)

NACSC Members New Year return pool party at NAC or E/Borys (\$10 p/person cover charge – we will need to meet the cost of activities / provide a drink and snack / staff with junior life guard volunteers from the team members)

This camp is one that I have been attempting to provide to our swimmers for a number of years. It is a reasonably expensive outlay and I have shied away for this reason on a couple of previous occasions. The recent injection of funds from the NACSC short course meet and NU NACSC Open Water meet plus the swim-a-thon & the running of the 70.3 aide station has boosted the coffers of the club to allow consideration of financial support in comparison to the 2019 Runaway Bay Camp. The benefits of hosting a training camp at Thredbo has always been realised by our NSW state and Dolphin national team members & that is the reason why it is a favoured yearly location.

It is hoped that all athletes will be keen to participate in this camp and that it will be well supported for the benefit of all current and future swimmers. The money of our fundraising efforts is not to be wasted and I would like to believe that through offering opportunity to attend an exciting camp facility, the desire to lift the current training efforts of the team will be realised and therefore, achievements of the current club swimmers will be lifted to a higher level towards elite. Sometimes the desire is there.....but not always the commitment. It sometimes takes a team bonding trip with specific hard pool training sessions and dry-land challenges, mixed with team activities (where high level participation of all team members is expected) and guest speakers to shift a teenage athlete with potential into a striving athlete on a mission to succeed.

‘Get out of the comfort zone and into the launching zone’ will be the message followed throughout this camp. This vision will not happen without a ton of effort by all swimmers / it will take a renowned organising effort by me plus effort by all support coaches & trainers / by parents / club committee members. It is opportunities afforded to athletes that are taken up in challenge that create team memories and realisation of aspirations of individuals in the team. We have athletes who are sitting on the brink of *“launching”* but they need a push in the right direction in a positive atmosphere with a group of like-minded athletes. Negativity is harmful even in jest & easy to spread..... we need to stamp it out for our future achieving athletes.....

This is not a holiday – It is a training camp with purpose & anyone who wishes to attend needs to come prepared to work hard in and out of the pool. There is no option ‘to opt out’ ...there is a ‘no excuses’ policy where everyone participates in every activity to the best of their ability.....!

Priority will be granted to national pool and open water qualifiers / state open qualifiers / state age qualifiers / regular club night attendees / target competition representatives and also on judgement of training application demonstrated showing commitment to better their individual swimming development & current level of achievement.

Note: Financial Support for all swimming members who accept this invitation and complete the “Intention to Attend” will be required to be approved by the Executive Committee of Nepean Aquatic Centre Swim Club.

Accepted team members will be publicised on NACSC Team App and they will be issued with the necessary forms for completion plus a full itinerary and check list.

Any enquiries should be directed to Jackie Barck, Head Coach.... Mobile: 0411446018