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## Information Bulletin

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**All** members of the rowing team are expected to attend camp. If for some reason you cannot attend, early communication of this is essential. Non-attendance at the camp may impact on crew selections.

### Dates/Times

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<u>Dates</u>		<u>Times</u>
Camp commences	Monday 23 January	Students are to meet at the boatshed at 7am
Camp concludes	Wednesday 25 January	Students may be collected from the boatshed at 5pm

### Training Venue

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KD Baird Boatshed  
Lake Wendouree, Ballarat

### Accommodation

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Day students will travel from their home each day of the camp.

Boarding students may choose to stay in the Boarding House (this will incur an extra fee to cover the cost of meals).

### Camp Fees

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Camp fees cover lunch every day, plus motor boat fuel and coaches' expenses.

Students not staying in the Boarding House: \$40  
Boarding students choosing to stay in the Boarding House: \$100  
(This fee also covers morning and evening meals.)

The camp fee is due by Friday 9 December 2011.

## **Spending money**

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Students may bring a small amount of money for any snacks they wish to purchase throughout the camp. Please keep in mind that it is very difficult to monitor the campsite 24 hours a day and large amounts of money or other valuables items should not be taken on camp.

## **Staffing**

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The following school staff/coaches will be accompanying the crews on camp:

Ross Henderson	Sam Willersdorf	Tom Nash
Neil Holden	Eliza Vincent	Neville Collins
Monica Van Dyk	Meg McDonough	Ben Davies
Jen Tischler	Brittany Hughes	Maddie Gillett
Travis Hoyle	Rachel Maher	Emma Phillips

## **School Rules**

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All normal school rules will apply throughout the camp. No child will be allowed to leave the camp venues to go elsewhere without adult approval/supervision. They will remain under the supervision of the rowing-camp staff at all times. Any child who misbehaves as per the school guidelines will be sent home at the discretion of the Head of Rowing and at the expense of the parents.

## **Return of Form**

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Please complete the accompanying form and return it to the Front Office at the Sturt Street campus together with your remittance to cover costs (cheque made payable to Ballarat Clarendon College).

Payment and confirmation of attendance are due by **Friday 9 December 2011**.

If you have any questions, please contact me.

Work: 5330 8200 (during school hours)  
Mobile: 0412 474 878 (camp hours only)  
Email: henderson@clarendon.vic.edu.au

**Ross Henderson**  
Head of Rowing

### **What student needs to bring each day**

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*(tick)*

- Full rowing uniform
- Track suit – suitable for warm-up exercises
- Other sports clothes for land training – shorts, t-shirt etc
- Running shoes and socks
- Hat – to prevent sunburn
- Rain coat – suitable to wear in the boat
- Bathers
- Bath and beach towel
- Sunscreen (30+)
- Insect repellent
- Sunglasses
- Small amount of money for snacks etc
- Own supply of band aids, Elastoplast etc if prone to severe blisters

Student may wish to bring a glove to wear for the first few sessions until their hands toughen. I recommend purchasing a golfing glove to row with if it is known that there will be a problem with blisters.

- LABELLED WATER BOTTLE

**Permission & Medical Forms**

**Student name:** \_\_\_\_\_

**Rowing Squad (tick)**     Senior     Year 10 (2012)     Year 9 (2012)

**Please select your preferred payment method**

Option 1 - Cash     Option 2 - Cheque (payable to: Ballarat Clarendon College)

Option 3 – Credit Card

Amex     Mastercard     Visa

Card Number:

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Expiry Date: \_\_\_\_/\_\_\_\_

**TOTAL COST: \$** \_\_\_\_\_

Cardholder Name: *(please print)* \_\_\_\_\_

Signature: \_\_\_\_\_

Receipt Number: \_\_\_\_\_

**INDEMNITY FORM**

I hereby give permission for my child to participate in the rowing camp to be conducted on Lake Wendouree from Monday 23 January to Wednesday 25 January.

I understand that all reasonable care will be taken for my child's safety during the camp by the staff of Ballarat Clarendon College. In case of an emergency, I also authorise those in charge to take any steps they may consider needed for the safety and wellbeing of my child, including medical treatment and/or hospitalisation, should that prove necessary.

I am aware of the school policy that smoking, involvement with drugs and the drinking of alcohol is strictly forbidden on any school trip. I agree to meet the expense of my child requiring transport at a different time to the rest of the party. I understand that such an arrangement may be necessary due to illness, injury, or if, in the opinion of the teacher-in-charge, my child behaves in a manner which is detrimental to the school, or there is non-cooperation of any description by my child.

Signature of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/ 2011

### Contact Numbers

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Please give emergency telephone numbers (during the time of the camp):

Home	Work	Mobile

### Medical Information

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An Outdoor Education Summary compiled from the information supplied on the Confirmation of Enrolment Details form that was completed and returned to school will be sent to camp. Please indicate if any changes have occurred since the form was lodged that will be relevant to the student's wellbeing and safety at camp (eg development of an allergy).

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**If your child is presently taking any medication or may require any medication to be administered while at camp the following must be undertaken.**

1. Obtain a copy of the Medication Administration Consent Form (one form for each medication to be administered) from the Health Centre (Senior Campus) or any of the school offices.
2. Fill out the form and return to the teacher-in-charge on the morning of camp with any medication that is required. All medication must be clearly marked with the student's name, supplied in original packaging and must be within the expiry date. It is preferable that the medication and the form are placed in a clear plastic zip-lock bag with the student's name clearly marked on it.
  - No student is to be in possession of any medication while participating in the camp with the exception of asthma medication.

Please note any **special diet** your child requires of which the camp organiser(s) should be aware.

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Please complete and return these forms by **Friday 9 December 2011** to

The Front Office  
Ballarat Clarendon College  
Sturt Street  
Ballarat, 3350