



VICTORIA AGE GROUP CHAMPS 2015



Hi Guys

Wow where did the time go! There is only 2 weeks left until the team departs and I trust you have all been training hard.

INTRODUCING THE COACHES & TEAM MANAGERS

Head Coach	Stefan Swanepoel (Otumoetai Swimming Club)
Coach	Matt Martin (Enterprise)
Team Manager	Bindy Rathbone (Central Hawke's Bay - parent of Maggie Franks)

ITINERARY

10 December	Depart Auckland Airport for Melbourne, flying Emirates. <i>EK 407 departs Auckland 6.50pm, arrives Melbourne 8.50pm.</i> Transfer to The Mecure Albert Park
11th to 12th December	Training Camp at Melbourne Sport and Aquatic Centre Morning and afternoon pool sessions, dry-land session midday
13th to 18th December	Victorian Age Group Champs 2015 Morning racing starts 9am (heats) Lunch and afternoon rest/sleep at the accommodation Evening racing starts 6pm (finals)
19th December	Depart Melbourne Airport for Auckland flying Emirates <i>EK 406 departs Melbourne 8.10am, arrives Auckland 1.45pm.</i> Swimmers available for collection

AIRPORT DROP-OFF & PICK-UP TIMES

Your flight details are 6.50pm depart Auckland on Emirates Flight EK407 with a flying time of 4 hours. **Please be at the International Airport in Auckland no later than 3.30pm on Wednesday the 10th of December.**

Your return flight is Friday the 19th of December leaving Melbourne at 8.10am and arriving in Auckland at 1.45pm. If you are not being collected from the airport please let me know your travel arrangements ASAP.



VICTORIA AGE GROUP CHAMPS 2015



TRAVELLING PROTOCOL

Please remember you are representing your Club, Region and the Central Swimming Regions while you are away. *The expectations are:*

- ⇒ You are to wear your Team Uniform correctly at all times and mufti must be kept to a minimum.
- ⇒ You are to treat your fellow competitors and officials with respect.
- ⇒ All swimmers are to treat their team mates and travelling staff in a positive and cooperative manner.
- ⇒ There are to be **no drugs or alcohol** (expect major consequences for any breach - no exceptions!)
- ⇒ iPods, Cameras, Phones and spending money are all **optional** items that are the **swimmers responsibility**.
- ⇒ Excess spending money can be given to the Team Manager in an easily accessible container i.e. zip lock bag or the like, with the amount of money clearly written on the outside.
- ⇒ **No boys in girl's rooms and no girls in boy's rooms at all times.**
- ⇒ All passports will be handed in to the Team Manager once you are on the airplane and given back to the swimmer upon our return flight.

SUGGESTED GEAR LIST

- 2 x sets of mufti clothes (including suitable sports shoes for walking to and from the race blocks)
- Jacket (it can get cool in the evening)
- 5 x towels
- Medication (please have enough medication to last the entire trip)
- Sunscreen and Insect Repellent
- Sun Hat
- Toiletries
- Racing and Training Gear
- Poolside snacks (to be placed in your *checked in luggage* **NOT hand luggage**)

Optional:

- Club Swimming caps to swap with other swimmers,
- Spending Money,
- Phone, Camera, iPod (these items, if taken, will be totally at your own risk)

Please take in your Carry On Hand Luggage

Racing Gear (Caps, 3 x goggles, racing togs), Australian Money and any Travel and Insurance documents you may have. (At the airport you will be issued a Aquaknights Backpack which you may want to use as your carry on luggage).



VICTORIA AGE GROUP CHAMPS 2015



YOUR ACCOMODATION

You will be staying at **The Mecure Albert Park**, 65 Queens Road, Melbourne . This is the old Sebel & Citigate Albert Park in Melbourne and is joined with The Pullman Hotel, where the team has stayed for the past 2 years.

The phone number is **0061 9529 4300** if you need to get hold of your swimmer while they are away. Please note that the swimmers phones will be handed in each night to the Team Manager.

Bonus: Complimentary WIFI!



ROOM ALLOCATIONS

Room 1

Chris Johnson, Joshua Gilbert

Room 6

Grace Eglinton, Libby Bradley

Room 2

Blake Horne, Joshua Pickett

Room 7

Alena Kamper, Maggie Franks

Room 3

Benji Rowe, Thomas Chaney

Room 8

Ruby Adsett, Olivia Corrin

Room 4

Jack Weston, Stuart Graham

Room 9

Stefan Swanepoel, Matt Martin

Room 5

Joshua Taylor-Martin, Jacques Gichard

Room 10

Bindy Rathbone

The travelling Coaches and Team Manager are available at all times to help with any issues a swimmer may have. Please be aware that if a swimmer doesn't communicate with the staff travelling they may not know there is an issue. It is the responsibility of the swimmers to communicate with staff in order for a solution to be reached.



VICTORIA AGE GROUP CHAMPS 2015



FOOD

The food for the entire duration of the tour will be provided by the Hotel.

The following menu gives a general outline of the food being served at each meal.

Note: I have requested extra protein be added to the meal in the evening.

Buffet Breakfast

Buffet Lunch

Chef Selection: 1 x Hot Meat Dish, 1 Starch, 1 x Vegetable Dish, 1 x Salad + Whole Fruit

Buffet Dinner

Chef Selection: 2 x Hot Pasta Dishes (1 x meat + 1 x vegetarian), 1 x Salad + Whole Fruit

ENTRY FEES

You will be sent an invoice for the meet entry fees once all the entries have been processed with SNZ. Please note entry fees are \$16 AUS per entry and will be converted into \$ NZ for payment.

SNZ will require **full payment before the 1st of December**, so your prompt payment of these fees will be required and appreciated.

TRAVEL INSURANCE

Whilst the option of travel insurance is an individual one and needs to be organised by the swimmers themselves, we **strongly recommend** it. If you have purchased insurance, please forward a copy of your policy to me for our records.

If you do not have travel insurance, a credit card or similar means of payment, must be available to pay for any expenses that can arise when travelling overseas (for example a Doctors visit).

Talk soon... Lisa