

# KARORI PIRATES SUMMER SWIM CAMP – HAMMERHEADS AND TIGERSHARKS

**SATURDAY 9 JANUARY – SATURDAY 16 JANUARY 2015**

**ARIKI BACKPACKERS AND TODD ENERGY AQUATIC CENTRE,  
NEW PLYMOUTH**

## Camp Management

**Coach:** Steve Francis

**Camp Managers (Parents):** Chris Birkinshaw ([birkinshaw.chris@gmail.com](mailto:birkinshaw.chris@gmail.com)), Fiona and Eric Pampalone ([fpampalone@hotmail.com](mailto:fpampalone@hotmail.com))

### **1. Camp fees and costs**

The provisional camp fees for 2016 Camp are set out below. Please note that these fees are based on an estimate of costs and final costs may differ to that mentioned.

The Club's approach to Camps has altered slightly this year. Swimmers will cover the full cost of the Camp (accommodation, pool hire, meals, etc), less any funds that are raised through fundraising. The Club will contribute by purchasing the Camp "uniform" ie the Camp t-shirt or singlet.

The current estimate of costs cost for camp is \$500 to \$550, based on 25 swimmers. The more swimmers we have at Camp, the more fun it will be for the swimmers, and the lower the cost for parents.

In order to assist our planning, and so we can firm up costs, please return the attached forms to the KPSC box at the pool (or scan copies to [birkinshaw.chris@gmail.com](mailto:birkinshaw.chris@gmail.com)) and pay a deposit of \$75 using internet banking (see section 2) by **no later than Wednesday 30 September 2015** so that we can advise the caterer any dietary requirements. If your child's medical position changes after you have completed the forms, please contact the Camp Managers.

We encourage the swimmers to do some fundraising to help subsidise the cost. Any funds received from fundraising will be included in the camp budget at the conclusion of camp and any surplus distributed to individuals once all final costs have been calculated. There will be separate emails about fundraising, and we will need volunteer parents to organise this.

Final camp fees are to be paid in full by **no later than 30 November 2015**. Further information will be available before this time regarding the confirmed cost and amount payable. Please use the internet banking option, details are available on <http://www.karoripirates.org.nz/payment-information/>

## 2. Payment details

The following account must be used for Camp payments. Do **not** use the normal Club account that you pay entry and membership fees to.

**Account:** 03-0502-0590602-002

**Particulars:** Swimmers Last Name

**Code:** Swimmers First Initial (if more than one swimmer use the first initials separated by '&' e.g. "A & B")

**Reference:** 44 4444

## 3. Camp location

After a year in Nelson, we are heading back to the Camp's old hunting ground: New Plymouth.

**Accommodation:** Arika Backpackers, 25 Arika Street, New Plymouth  
Phone: 06-769-5020  
Email: [stay@arikibackpackers.com](mailto:stay@arikibackpackers.com)  
Web: [www.arikibackpackers.com](http://www.arikibackpackers.com)

We have booked the whole backpackers, except one room that the owners have reserved for emergencies. Accommodation will be gender separation. Swimmers and Camp Managers will not be allowed to enter rooms of swimmers of a different gender.

**Pool:** Todd Energy Aquatic Centre  
<http://www.newplymouthnz.com/OurDistrict/Attractions/ToddEnergyAquaticCentre/>

## 4. First day and arrival

It is the responsibility of parents to ensure their swimmer arrives at Camp on time. Your swimmers can either arrive by car or fly. If going by car, parents are welcome to arrange carpooling, but this will not be arranged by Camp Management.

If your child is flying, you will need to ensure they can get from New Plymouth Airport to the accommodation. Camp Managers will not be able to pick up swimmers from the airport.

The first swimming session is at 4pm Saturday 9 January. Your swimmer will need to be at the accommodation no later than 1pm. There is one Air NZ flight leaving Wellington on 9 January (at 11.45am) that will get swimmers to New Plymouth just about on time.

Your swimmer will need to bring lunch with them for the first day.

## 5. Swim sessions

The training sessions will be in the outdoor 50m pool at the Todd Energy Aquatic Centre. The training sessions are

Saturday	Sunday	Monday	Tuesday	Thursday	Friday	Saturday
	7-9.30am	6-8.30am	6-8.30am	6-8.30am	6-8.30am	7-9.30am
4-6pm	4-6pm	4-6pm	4-6pm	4-6pm	4-6pm	

Swimmers will jog to and from the pool each day so please ensure they have suitable shoes. It is about 1km from the backpackers to the pool.

## 6. Last day and departure

The last day of Camp is Saturday 16 January, with the last session finishing at 9.30am. Swimmers will be expected to help tidy the accommodation (rooms and kitchen/dining facilities) after breakfast and before leaving, and should aim to leave the accommodation between 11am and 12 midday. The accommodation is expected to be left in an "as found" condition.

For swimmers who are flying back to Wellington, there are flights at 1:05pm and 4:15pm. If your child is flying, you will need to ensure they can get from the accommodation to New Plymouth Airport. Camp Manager will not be able to pick up swimmers from the airport.

## 7. Meals

Food will be provided for breakfast, morning tea, lunch, afternoon tea and dinner. Camp Managers will help prepare the food. Because of the kitchen facilities at the accommodation, the main meal for dinner will be pre-prepared by Penny's in Karori. Any dietary requirements need to be advised no later than **30 September 2015** so that Penny's can work them into their meals.

Please provide your swimmer with a container of home baking (sweet or savoury, we don't mind which). Swimmers may also want to bring a sports drink with them.

Swimmers are also welcome to bring other snacks if they want them, but it is not a necessity as we will be providing enough food throughout the week. Please note that food is prohibited in the rooms. Swimmers can keep a named container/box with snack food/drinks that will be kept in the kitchen of the backpackers.

Duties will be allocated to swimmers e.g. set up, tidy up and dishes.

## 8. Emergency contact details

For any camp managerial issues while the swimmers are on camp, please contact the Camp Managers directly.

Chris Birkinshaw – 027 498 5599

Fiona and Eric Pampalone - 027 600 4134

## 9. Accommodation Rules

Swimmers will be required to keep their rooms tidy and clean. Random room inspections may be conducted. If damage occurs (either accidental or intentional) swimmers must notify the Camp Managers immediately. Cost of damage will be charged to the swimmers who caused the damage and their parents.

## 10. Bedding and laundry

Sheets, pillows and duvets will be provided by the accommodation, but swimmers are welcome to bring their own if they want to.

There are laundry facilities available at the accommodation. However, we recommend swimmers bring sufficient clothes to get them through the week. Please ensure that each garment or item is clearly marked with your swimmers SURNAME. The Club and the Camp Managers accept no responsibility for damaged or lost items.

## 11. Personal items

Swimmers need to bring sufficient clothing to last them for the week, clothes suitable for the various training activities, and personal hygiene items.

We suggest the following (please make sure it is all clearly **named with your swimmers surname**):

- Normal day clothes to last the week - including track suit and shorts, running/training shoes, jandal footwear (it is suggested that jandals be used when showering), and warm clothes if it gets cold in the early mornings/evenings.
- Running shoes and dry land training kit
- Drink bottles
- Sun hat
- Jacket/raincoat
- Pyjamas
- Towels x4
- Toiletries (toothbrush and toothpaste, shower gel/soap, shampoo, conditioner)
- Torch
- Alarm clock (if required)
- Training log books
- Clearly labeled snack food and drink, which must be left in the accommodation kitchen
- Electrolyte sports drinks, which must be left in the accommodation kitchen
- Sunscreen (the pool is an outdoor pool and it will be important that swimmers have sufficient sunscreen)
- Insect repellent
- Cards, board games, books and magazines for your free time (note: any objectionable material will be confiscated and returned to the swimmer's parent at the conclusion of the camp).

The Club and the Camp Managers accept no responsibility for damaged or lost items, including personal items left in pockets eg cellphones, ipods etc.

## **12. Swimming and training kit**

Togs (x3, all **named**), goggles (x2) and caps (x2)

Drink bottles x2

Fins, kickboard, hand paddles, t-shirt all **named** and stored in a gear bag

Barrier cream for chaffing

All items to be **CLEARLY NAMED**.

Dry Land training kit: running shoes, shorts and a t-shirt

## **13. Parent contact**

The Camp Managers will keep a close eye on the swimmers' wellbeing and will be in touch with any parents if they have concerns. Parents are welcome to call the Camp Managers at any time if they need to speak urgently to their children or have particular concerns. Otherwise Camp Managers will leave the swimmers to decide if/when they wish to contact their parents during the Camp.

## **14. Bullying**

A positive and respectful attitude towards others is key to having a successful camp. Bullying will not be tolerated. Offending swimmers will be sent home at their own expense..

## **15. Town visits**

Under no circumstances will random town visits be allowed or acceptable. Swimmers found disobeying this rule may be removed from Camp and sent home at their own expense.

## **16. Mobile phones**

Mobile phones are allowed on camp, however must not be used during team activities, including swim sessions, team building exercises, team meetings, meal times and specified rest times (eg rests between swim sessions).

## **17. Valuables**

Swimmers are not encouraged to bring any valuables to camp or large amounts of money (there will be limited, if any, opportunities to spend money). Swimmers bring valuables at their own risk.

If absolutely necessary, the Camp Managers can look after valuables for swimmers, but take no responsibility for loss or damage.

## **18. General**

The objective of Camp 2016 is to prepare swimmers for upcoming Regional & National events. Karori Pirates Swimming Club also sees this as an opportunity to build the Pirates team identity.

Each one of us including the coach and Camp Managers will play an active part in the Camp. Taking part in and leading activities creates a positive environment and a successful Camp.

Our expectation of the swimmers will be that they participate in all activities, the older and more experienced swimmers will be encouraged to take a leadership role, their actions and behaviours will help set the tone for the younger swimmers to follow.

Training and discipline are an important aspect of Camp, but do not forget so is taking part, having a positive attitude towards events, activities and your peers. Everyone at the Camp is also here to enjoy themselves, so remember to work hard and have fun!