

JUNIOR SWIM CAMP 2016



Monday 4th Jan
- Saturday 9th

Camp Information and Policies

Swim Camp for our Junior Squads: Marton 2016

Stringrays, Electric Eels and Seahawks

Junior Swim Camp 2016

WHAT'S SWIM CAMP ALL ABOUT?



Karori Pirates Swimming Club holds annual camps for our competitive swimmers. The juniors go to Marton, which has a fabulous 50m indoor pool, while the seniors go to New Plymouth and train in an outdoor 50m pool. Coaches run the camp with help from camp parents.

Junior Camp typically runs for 6 days and has on average 35 swimmers attend. There is a high rate of return, with those who have been before coming back for more! Camp Management holds high expectations of behaviour from both our children and adults attending. Everyone fully participates and is committed to trying their best and having lots of fun at camp.



WHAT ARE THE BENEFITS OF ATTENDING CAMP?

The role of camp is to build club identity and support kids to develop a lifelong love for swimming and more generally sport and being active. Campers over the week become strong Pirate friends and this in turn builds a positive team spirit for the Club.

In 2015 less than half of the children who attended swim camp had qualified to compete at the Wellington

Championships. For those that do qualify for the Wellington Long Course Championships or Nationals the swim camp also serves as an opportunity to prepare well for these January/February events.

There are a variety of other benefits we observe for children who attend camp, they are:



- children's confidence and resilience grows as they experience success in achieving training goals they previously had not thought possible;
- commitment to goal setting and training discipline is fostered;
- older children have opportunities to take on leadership roles;
- children gain a sense of independence being away from home while still being in a safe and supported environment;
- children love hanging with other Pirates all week long.

WHAT DOES A TYPICAL DAY LOOK LIKE AT SWIM CAMP?

A typical day at camp involves a morning and evening swim session. In between these times coaches and camp parents lead team building activities for the kids.

There is a rest period scheduled daily. Children are expected to sleep or rest quietly during this time. There is also a large volume of time spent eating food after the swim sets and at other times during the day, eating the glorious and yummy food is a highlight for many of camp.

In the peak of summer Marton pool is very busy and so for this reason our swims are

scheduled based on pool availability and are adjusted at the discretion of the coaches. Marton has a 50 metre indoor pool in Hereford Street, located approximately 4km from our accommodation. Camp parents provide transportation to the pool via cars.

<http://www.rangitikeiactive.org.nz/pool.html>

ARRIVING AT CAMP

Camp begins on **Monday 5th January 2016 @ 2pm**. Accommodation is at Huntley School, Wanganui Road, Marton. Huntley School offers boarding facilities and its recent refurbishment means dormitories are of the highest quality. Separate sleeping and bathroom facilities are available for our girls and boys.

It takes a little over 2 hours to drive to Marton. Parents are welcome to organise carpooling with other families heading up to Camp, Camp Parents are not able to coordinate or organise this for you.



WILL MY CHILD BE ABLE TO COPE WITH CAMP AND THE TRAINING?

To attend camp children should be demonstrating a degree of self-care ability and be capable of managing their behaviour. Camp Parents provide a supportive and responsive environment; and respond to a range of health and wellbeing issues that can crop up on camp. If you have concerns about whether your child will cope with being away

from home, you can contact the Camp Manager, Louise Saviker (mob. 021 0555 953) to discuss this.

It is in the swimmers best interest to be meeting their weekly term swim schedule consistently and also doing as many of the holiday sessions as possible leading into camp. If your family is heading away on holiday Steve Francis can provide a contact for a swim club in your holiday area to swim with. This will give your child the best lead in to handle the workload of camp training.

Swimmers are eligible to attend swim camp if they are swimming in Stingrays, Electric Eels and Seahawks squads. Coaches change the training sets to accommodate the needs and age of all the children who attend camp. The coaches have run lots of camps and are skilled in supporting individual swimmers to develop from their start point not anyone else's.

EATING AT CAMP



Camp parents prepare and provide meals. We have an early breakfast, late full breakfast, afternoon meal followed by a full dinner upon return from the evening swim. Baking and fruit is offered twice a day also. Children have copious amounts of food and Camp parents strive to have all children eating meals within 15–30minutes of returning from training sessions. Eating promptly after training improves recovery which in turn helps swimmers enjoy camp and their pool sessions.

Each family provides an ice-cream container of frozen bolognaise sauce. We provide a recipe for this (see later in the pack) to allow us to cater for children with allergies and to ensure a consistency of the sauce so it tastes delicious when it's combined with other contributions. Families also send a batch of baking to camp; this is stored in the kitchen and shared at morning and afternoon tea times.

Our experience is that we have plenty of food, there is always enough for second helpings! Please note that food is prohibited in the dorms as it attracts ants, so please refrain from packing extra snacks or food in children's luggage – thank you.

Allergies and food intolerances can be accommodated on camp. Food preferences are

not accommodated but there are plenty of choices from which children can select their food. Please provide us with any special dietary information in the registration form and we will contact you to discuss your child's needs.

CAMP MANAGEMENT

Coaches:

Jono Griffith and Olivia Melbourne

Camp Parents:

Louise Saviker (Camp Manager), Tim Fowler, Rhonda Richardson (TBC), Miriam Dassanayake (TBC).

Nb. Two more parents are needed to join the team before camp can be confirmed to go ahead.

The parents voluntarily coordinate and run camp for the week. It's a busy week that involves cooking 20 separate meals, washing hundreds of dishes and looking after the group of children. Coaches run four hours of swimming coaching a day as well as organising activities for the kids and running daily meetings.

By the time camp winds up the Camp Parents and Coaches need a bit of help. We ask all parents when collecting children to help with a brief pack up. Having everyone help makes the work disappear quickly and this keeps the camp parents smiling and willing to come back next year.

CAMP COSTS

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

Camp fees are to cover the estimated costs of accommodation, all meals, training, pool hire and camp incidentals.

The current budgeted estimated cost for camp is \$400 total (with a \$50 deposit). In order to assist our planning, please return the attached forms to the KPSC box at the pool and pay the \$50 deposit using internet banking by **30 October 2015**.

The club is applying for grant funding and planning to undertake fundraising to help subsidise the cost. Please support the Wine Fundraiser and Car Washes planned as this helps maintain or reduce the costs of both our junior and senior camps. Any fundraising or grant money received will be included in the camp budget at the conclusion of camp and any reimbursement will be distributed to individuals once all final costs have been calculated.

Final camp fees are to be paid in full prior to **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/>

WHAT DO YOU NEED TO DO NOW?

Our Head Coach runs an information talk for you to find out more about camp. Places are limited so to avoid disappointment we recommend you secure your booking early.

To secure your child's place at junior camp, simply complete the registration form and email it to the Camp Manager or drop it into the Pirates box at Karori pool. Your registration is confirmed when we receive full payment for camp.

The camp talk is scheduled for Karori Pool, Wednesday 21st October @5:30pm. Come along and ask questions and find out about what happens at Camp.

**A checklist to prepare for camp and recipe for Bolognese Sauce
is supplied on pages 10 -12 for you to print.**

CAMP RULES AND POLICY

Karori Pirates has been running camps for ten years; therefore a wealth of experience in what works and doesn't on camp has been learnt along the way. Detailed below are our Camp policies and rules. In registering your child for camp you and your child agree to our policies and rules. We ask you to spend a few minutes discussing the rules with your child prior to registering and before coming to camp.

1) Supportive Culture

- a) A positive and respectful attitude towards others is core to having a successful camp. Bullying or behaviour that negatively affects others will not be tolerated. Swimmers not adhering to camp standards may be sent home*.
- b) Children will participate in camp duties such as tidying or cleaning up after meals or assisting with meal preparation as requested.

2) Remaining within Boundaries of the Property at all Times

- a) All camp swimmers must remain on site at Huntley School or under the supervision of camp management. Children are not permitted to go for ventures or walks out of the school grounds or away from adult supervision at any time. Swimmers found disobeying this rule may be sent home*.

3) Mobile phones and Devices

- a) Mobile phones and iPods or alternative brands are allowed on camp. Camp device protocols are established to manage the appropriateness of use of the devices. Please note there is no Wifi access at Huntley. Devices are handed in prior to the evening swim session and are handed back after the morning swim. If parents need to contact their children and can't via their mobile phones they can ring the camp manager.
- b) There are daily opportunities for your child to call home. There will be limited time for your child to play on any device brought to camp.

4) Security and Safety

- a) Swimmers are prohibited to bring money to camp.

- b) Medicines or drugs of any kind need to be handed into camp management. Please do not rely on your daughter/son (who may be very tired at times) to self-medicate with pain medication or similar. By keeping a track of any pain relief or medicine given our care of your child is informed.
- c) The dormitories are secured at the end of the evening overnight by camp management.
- d) Camp is alcohol free for all parents and coaches who attend.
- e) The camp has first aid available and works with the local doctors in Marton when the need arises. Any cost incurred in taking a child for medical treatment will be passed onto the parents.

5) Dormitory rules

- a) Swimmers will be required to keep their dorm space tidy and clean. Random room inspections may be conducted.
- b) If damage occurs either accidental or intentional, campers must notify Camp Management immediately. Cost of damage may be charged to the individual or individuals parents.
- c) If camp parents find any swimmers items to be objectionable it will be confiscated and returned to the swimmers parents at the conclusion of camp.
- d) Food is prohibited in the dormitories. Food attracts ants and pests.
- e) Boys and girls have separate dormitories and each gender is not permitted to enter the others dormitory. Camp management refrains from entering dormitories of the opposite gender.
- f) Children can experience drying and burn to the skin from excess chlorine exposure on Camp. Children can avoid and manage this through showering after every swim to remove chlorine and using creams such as Fatty Cream to protect and nourish the skin after training.

6) Laundry

- a) Swimmers need to bring enough clothing to last the week. Efforts will be made to launder clothes and towels as time permits.

- b) Please ensure that each garment or item is clearly marked with the child's surname. KPSC accepts no responsibility for damaged or lost items, including any personal items left in pockets (cellphones, ipods etc). Drying of clothes will be completed using Industrial automatic facilities. KPSC accepts no responsibility for damage.

*Please note if parents are asked to collect their child from camp at the request of camp management, that this will be at the parents cost and partial or full refunds of camp fees are not available in these circumstances.

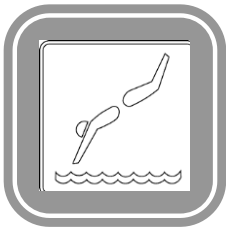
TO DO CHECK LIST

ENROL FOR CAMP



<input type="checkbox"/>	Fill in the application form
<input type="checkbox"/>	Place application in Pirates Box at Pool or email to Camp Manager
<input type="checkbox"/>	Place camp deposit of \$50 in the clubs main bank account
<input type="checkbox"/>	Remember to pay the \$350 balance when you are notified to do so
<input type="checkbox"/>	Print out this information kit or just to do list pages 10 - 12

WHAT TO BRING: TRAINING KIT



<input type="checkbox"/>	Togs (preferably 3 pairs and named)
<input type="checkbox"/>	Goggles and cap
<input type="checkbox"/>	2 x drink bottles
<input type="checkbox"/>	Seahawks only bring a gear bag (fins, kickboard, hand paddles)
<input type="checkbox"/>	Barrier cream to prevent chaffing/Fatty Cream or similar
<input type="checkbox"/>	Running shoes/socks
<input type="checkbox"/>	Running kit - shorts and t-shirt, running cap if you have one

WHAT TO BRING: PERSONAL ITEMS



<input type="checkbox"/>	Normal day clothes, enough to last the week including tracksuit
<input type="checkbox"/>	Sunhat
<input type="checkbox"/>	Sunscreen and insect repellent
<input type="checkbox"/>	4 x towels

	Toiletries/medication to hand in to camp management
	Jacket/raincoat
	Jandals (for showering in) + extra day shoes
	Fun things to do: cards, board games, reading etc
	Bedding, extra pillow, duvet or blanket for the bed (sheets and blankets provided)
	Pajamas/sleepwear

FOOD PROVISION



	Batch of baking
	Batch of bolognaise sauce (see next page for recipe)
	Make sure you have eaten lunch before coming to camp at 2pm

FINAL REMINDERS



	Put Louise Saviker (Camp Managers) details in your phone mob. 021 0555 953 email. louisesaviker@vodafone.co.nz
	Due at Huntley by 2pm Monday 4 th January (Huntley School, Wanganui Road/Marton) – remember to check in when you arrive
	Bring training kit, personal gear, baking and bolognaise sauce
	Don't forget to pick them up on Saturday @ 11:30am ☺

Bolognese Sauce

1 kg minced beef
2 medium Onions – finely diced
3 cloves Garlic – finely diced
2 bay leaf
2 tablespoons olive oil
2 tsp sweet paprika
1 tsp dried mixed herbs (or fresh thyme and oregano)
2 tins crushed tomatoes – UNFLAVOURED
3 tsp tomato puree
1 x glass red wine (optional) replace with water if preferred
Salt & Pepper

1. Warm oil over medium heat in large based saucepan and add onions and garlic cooking until soft
2. Increase the heat and add minced beef
3. Brown the meat breaking up any chunks until ‘grains’ have all separated
4. Add wine if using – DO NOT ADD WATER AT THIS STAGE
5. Sprinkle paprika and herbs and stir well
6. Add tins of crushed tomatoes and stir again allowing the mix to come to the boil
7. Mix in tomato paste
8. Add bay leaf water (if using) and season to taste
9. Reduce the heat to minimum and allow to simmer for at least 45 mins to develop flavours
10. Check from time to time adding a spot more water if needed
11. Taste to finish

Bring to camp frozen in an ice cream container – thank you!

Love To Cook Ltd ©

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