

JUNIOR SWIM CAMP 2018



Monday 8th -
Saturday 13th
January

Camp Information and Policies

Swim Camp for our Junior Squads: Marton
Stringrays, Electric Eels and Seahawks

Junior Swim Camp 2018



WHAT'S SWIM CAMP ALL ABOUT?

Karori Pirates Swimming Club holds annual camps for our 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.

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! 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.



About half of the children who attend swim camp have qualified to compete at the Wellington Championships. Camp provides an opportunity to prepare well for these January/February events and also for other key meets in the early part of the year.

Kids from camp tell us in our survey they liked most:



- the great team building and friendships
- developing social and life skills like feeling independent and understanding team work and leadership
- swimmers note significant improvement in their technique and form
- Swimmers come home feeling fit and strong
- Swimmers love the swimming, eating and sleeping ☺.

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 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 on camp.

In the peak of summer Marton pool is very busy and so for this reason our swims are scheduled based on pool availability. Marton has a 50 metre indoor pool in Hereford Street. Camp parents provide transportation to the pool via cars.

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

ARRIVING AT CAMP

Camp begins on **Monday 8th January 2017 @ 1pm**. Accommodation is at Huntley School, Wanganui Road, Marton. Huntley School offers boarding facilities and 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.

For 2017 we are going to provide specific direction for each family as to what they will need to bring to camp. Previously, this has involved each family providing 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. For 2017 we are going to provide more specific direction for parents around bringing either baking or trays of fruit so we can inject more fruit into the swimmers diet. We will also be asking for a couple of parents to prepare some cakes for desserts as an alternative to sending bolognaise and baking. More information will come out closer to the time about what to send with your swimmer.

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

Camp Parents:

We are looking for a co-camp manager to work with Louise Saviker for 2018. We need a balance of mums and dads and different skill sets amongst the parents. Preference is given to those with chef or cooking expertise.

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 the swimming coaching each 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 this camp 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 cost for camp is \$400 total (with a \$100 deposit). In order to assist our planning, please submit the registration form online and deposit \$100 into the club bank account by **31st October** 2017. The \$100 deposit is non-refundable.

The club will undertake fundraising to keep camp costs to this \$400 level. Please support the fundraising planned as this helps maintain the costs of our junior and senior camps. It is not anticipated that swimmers will receive any credit from camp, however this will be considered if fundraising generates significant amounts to allow for a small refund.

Final camp fees are to be paid in full prior to **30 November**. 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, Steve Francis runs an information talk for you to find out more about camp. Places are limited as we have limited beds and lane space at Marton pool so to avoid disappointment we recommend you secure your booking early.

The camp manager will be at the meeting, so you can ask any questions about how your child may cope away from home or with any other questions you may have.

To secure your child's place at junior camp, simply complete the online registration form, you registration is confirmed when we receive full payment for camp.

The camp talk will occur at Karori Pool after the October Holidays, look out for a time announced. 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 a long time; therefore a wealth of experience on 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, times between 11:30-12pm and then 3pm are often good times to touch base with kids. There will be limited time for your child to play on any device brought to camp.
- c) Mobile coverage is variable in Marton, please feel comfortable to phone the camp manager if you are unsure if text messages to your swimmer or management are being received.

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 bring along their own bedding. We suggest a pillow, set of single bed sheets and their own duvet or bedding they will be comfortable with. Extra sheets and blankets are available if needed. If you are travelling prior to coming to camp, a sleeping bag and pillow will suffice.

6) Skin care

Attending camp has a different effect on swimmers skin than regular pool usage at home. It's really important for first time campers to come prepared to avoid chlorine burn. Please ask camp manager for more information if needed.

The key to avoiding chlorine burn and protecting your child's skin is to:

- a) Purchase and send along fatty cream, it's cheap and readily available at pharmacies. Your child can use it after swimming as a thick moisturizer.
- b) Purchase and send along a shower body wash even if your child doesn't typically use something like this. This will assist removal of the excess chlorine.
- c) Pawpaw product in orange tubes or wee tubs is also a favourite with swimmers. Great for sore cheeks and in situations where the fatty cream can sting too much to use.
- d) Glide or an alternative product that will protect against chaffing. Glide is available from T3, it's great for around the edges of togs and shoulder straps for girls.
- e) Swimmers will be shown how to use the products on camp and be encouraged to do so by the camp parents.

7) 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"/>	Email form to Camp Manager
<input type="checkbox"/>	Place camp deposit of \$100 in the clubs main bank account
<input type="checkbox"/>	Remember to pay the \$300 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 to make up a single bed. Bring your pillow, single sheets and duvet (or sleeping bag and pillow if that is easier for you)
	Pajamas/sleepwear

FOOD PROVISION



	Good sized batch of baking or carton of fresh fruit to feed 40, more information to come out about what to bring specifically
	Batch of bolognaise sauce (see next page for recipe)
	Make sure you have eaten lunch before coming to camp at 1pm

FINAL REMINDERS



	Put Louise Saviker (Camp Managers) details in your phone mob. 021 0555 953 email. louisesaviker@vodafone.co.nz
	Due at Huntley by 1pm Monday 8 th January (Huntley School, Wanganui Road/Marton) - remember to check in with Louise when
	Bring training kit, personal gear, baking or fruit 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 tablespoons 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!

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