



# Hammerhead Squad - Training Camp

Friday 20<sup>th</sup> – Sunday 22<sup>nd</sup> January 2012

Taking advantage of one of the best training facilities in Queensland – TSS Aquatics' own "home ground", this training camp will incorporate all that you could expect from a National Age Tour, great preparation for those looking to compete at National Age in 2012 and beyond – exclusively available to Hammerhead Sharks Squad members of TSS Swimming.

***This 2 night, 3 day comprehensive Training Camp will include all: Accommodation, Meals, Transport, Training Sessions and Adventure Activities***

## The Itinerary:

Friday 20 <sup>th</sup>	1.30pm	Arrive at Centenary Centre, Check in.
	2.30pm – 5.30pm	Pool session
	5.30pm – 6.00pm	Stretching session
	6.00pm	Dinner in the Dining Hall
	6.30pm	Team Quiz
Saturday 21 <sup>st</sup>	5.00am – 8.00am	Pool session
	8.30am	Breakfast in the Dining Hall
	9.00am -11.00am	Beach Circuit – Surfers Paradise
	12.00pm-12.45pm	Pool session – Starts
	1.00pm	Lunch in the Dining Hall
	3.00pm-5.00pm	Pool session
	5.30pm	Dinner in the Dining Hall
Sunday 22 <sup>nd</sup>	6.30pm	Bowling – Team Challenge
	6.00am-8.00am	Pool session
	8.30am	Breakfast in the Dining Hall
	9.00am – 12.30pm	Paramount Adventure eg: Kayaking, Ropes
	1.00pm	Lunch in the Dining Hall
	2.30pm-4.30pm	Pool session
	5.00pm	Parents Collect from the TSS Pool



## **Boarding Facilities**

TSS is renowned for some of the best boarding facilities available, this Camp is available to both boys and girls (separated in dorms) accompanied by a Team Manager for each Group. Swimmers need only bring their club uniform, clothes, swimmers/kit, personal items. All linen etc is provided.

The Catering Menu has been specifically designed to fulfill the nutritional requirements of Swimmers during an intensive training camp, any specific dietary requirements can be catered for.

## **Coaching Staff**

David Proud and 2 Assistant Coaches

Places are limited, bookings are essential and **bookings close Tuesday 3<sup>rd</sup> January 2012**

Bookings are only able to be accepted with pre-payment via Cash, Cheque (payable to TSS Swimming) or Credit Card Authority as below: Complete this form and return to [Janice.Cole@tss.qld.edu.au](mailto:Janice.Cole@tss.qld.edu.au) or hand in to Pool office by Tuesday 3<sup>rd</sup> January 2012

Name of child \_\_\_\_\_ Contact Parent \_\_\_\_\_  
Phone (Hme) \_\_\_\_\_ Mob \_\_\_\_\_ Authoriser Signature \_\_\_\_\_

Payment Method (please circle) Cash / Cheque / Credit Card Payment enclosed \$220 per child (inclusive of GST)

Credit Card Payment (please tick) Mastercard  Visa  American Express  Amount \$ \_\_\_\_\_

(Please note: 1.2% transaction surcharge applies to Mastercard & Visa, and a 2.3% transaction surcharge applies to American Express)

Card Number  Exp  /  Card Holder \_\_\_\_\_