

## OTAGO CHAMPIONSHIPS REGATTA AND CAMP

Lake Ruataniwha, Twizel 13-18<sup>th</sup> Dec 2012

Hi Rowers and Parents,

You all must be getting very excited about the Christmas holidays, I plan to treat myself to a fruit mince pie or two! There's nothing quite like a gruelling few days of fitness and fun to prepare for a little extra eating over the break. We have four important regattas before the season culminates with the South Island Secondary Schools Champs and Maadi Cup at the end of March, beginning with the Otago Champs this weekend. This will be the first outing for novices at Ruataniwha and our first regatta there for the season which is very exciting! Gear list for the camp and regatta are as follows:

**Departing CHCH:** Burnside Carpark 3pm Thursday 13th (please arrive early so we can pack bags).  
**Arriving TWIZEL:** Boat park @ lake 7:00pm (to rig boats)

**Departing TWIZEL:** Boat Park 1:00pm Tuesday 18th  
**Arriving CHCH:** Kerrs Reach @ 4:00pm (to unload boats). Pick up from here at 4:30pm.

### Gear:

BHS Hat	Rain Jacket	1x Meal (details to come)
Training Singlets	Toiletries & Towel	Money for subway dinner
PE Shorts	Sleeping Bag	Cereal for breakfast
Black bike shorts	Pillow	
Extra training clothes	Sunglasses	<b>Note:</b> We intend to issue each
Running Shoes	Sunscreen	rower with a row suit this weekend
Jandals or Sandals	Personal First Aid kit	but just in case the sizes are not
2x drink bottles	Casual clothes	adequate <b>you must bring your PE</b>
10mm spanner	2x ice-cream container of home	<b>Gear also.</b>
White polyprops and spares	baking	

**Reminder:** please label all clothing and remember to bring a smalls bag to ensure that you get all your items back that go into the wash!

### General:

- Allocation of van seats cannot be swapped as this is for health and safety reasons.
- Mature behaviour is a must – please respect your peers, teachers and coaches, and especially the parent helpers who are giving up their time to assist.
- Any behaviour that is seen unfit could result in you being sent home.
- When leaving the houses for personal space you need to sign out with a parent helper and you must go in threes, it will not be acceptable just to tell one of your friends.
- Limited spending money may be needed if you wish to purchase any extra snacks or personal items, access to snacks will be provided so you shouldn't require much.
- Parents are welcome to visit, please ring the parent helper in advance to ensure your child is there.

**Payment:** The cost for the regatta/camp is \$300 and must be paid at the student office prior to departure.

Regards,  
Sophie Gilchrist and Sarah Lindley  
Coaches

Burnside High School Rowing

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**BURNSIDE ROWING Payment:**

*Otago Champs Regatta and Camp Payment: DUE: 12.12.12*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Class: \_\_\_\_\_

Phone: \_\_\_\_\_

Payment: \$150.00 Cash/Cheque

Internet Banking: Account: 123191 0002255 001

**Reference:** Otago Champs