

CANTERBURY CHAMPIONSHIPS AND CAMP

Lake Ruataniwha, Twizel 13-20th Jan 2013

Hi Rowers and Parents,

We hope that everyone has had an enjoyable and relaxing holiday, and that all of the rowers have been getting plenty of exercise to help keep up or improve their fitness over the holidays. Times and gear list for the camp and regatta are as follows:

- Erg Tests:** Burnside High **10am** Sunday 13th (for a 10:15 start - parents to please stay away)
- Departing:** Burnside Carpark **midday** Sunday 13th (packing can begin while rowers are doing their tests).
- Bring Lunch
 - Will stop for 20mins in Geraldine where you can purchase a snack or afternoon tea
- Arriving:** Boat park @ lake 4:30pm (to rig boats)
- Coming home:** This is dependent on when the regatta finishes but is likely to be around 7pm Sunday 20th. There will be an option of picking up either from school or Kerrs Reach, some will unload the boat trailers and some will unload gear trailers most likely. We will confirm who is going where later on in the week.

Gear:

BHS Hat
Training Singlets
PE Shorts
Black bike shorts
Extra training clothes
Running Shoes
Jandals or Sandals
2x drink bottles
10mm spanner
White polyprops and spares
Rain Jacket
Toiletries & Towel
Sleeping Bag

Pillow
Sunglasses
Sunscreen
Personal First Aid kit
Casual clothes
1 ice-cream container of home baking
and/or 1 bunch or bag of fruit
A little bit of money for the shops
Cereal for breakfast

Note: Racing gear will be as per Otago Champs. We will issue some rowers with a row suit but **you must bring your PE Gear also.**

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!

Payment: The cost for this camp and regatta is \$350 and can be paid at the student office or by internet banking.

We look forward to seeing you all on Sunday or over the following week down in Twizel.

Regards,
Sophie Gilchrist and Sarah Lindley
Coaches

Burnside High School Rowing

BURNSIDE ROWING Payment:

Canterbury Championship Regatta Payment: DUE: 12.01.13

Name: _____ Date: _____

Class: _____

Phone: _____

Payment: \$350.00 Cash/Cheque

Internet Banking: Account: 123191 0002255 001

Reference: Canty Champs