

CANTERBURY CHAMPIONSHIPS AND CAMP

Lake Ruataniwha, Twizel 12-19th Jan 2014

Hi Rowers and Parents,

We hope that everyone has an enjoyable and relaxing holiday, and that all of the rowers will be 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:

Departing: Burnside Carpark **1pm** Sunday 12th

- Will stop for 20mins in Geraldine where you can purchase a snack or afternoon tea

Arriving: High Country Lodge @ 5:30pm

Coming home: This is dependent on when the regatta finishes but is likely to be around 7pm Sunday 19th

Gear:

BHS Hat	Rain Jacket	1 ice-cream container of home
Training Singlets	Toiletries & Towel	baking
PE Shorts	Sunglasses	and/or 1 bunch or bag of fruit
Black bike shorts	Sunscreen	A little bit of money for the shops
Extra training clothes	Personal First Aid kit	Cereal for breakfast
Running Shoes	Casual clothes	
Jandals or Sandals		Bicycle, helmet and hi-vis
2x drink bottles		
10mm spanner		Note: Racing gear will be as per
White polyprops and spares		the Otago Champs.

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 the TIC or 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
- Parents are welcome to visit, please ring the parent helper in advance to ensure your child is there.

Payment: The cost for this camp and regatta is \$500 and must be paid by 8/1/14. As the student office will be closed prior to this regatta, the preferred payment method is via the Burnside High School parent portal on Kamar. Alternatively, the fees can be paid by internet banking. Bank acct number 123191 00022550 01 – reference student ID number and Canty Champs.

We look forward to seeing you all down in Twizel in the New Year.

Happy Holidays!

Regards,
Sophie Gilchrist and Sarah Lindley
Coaches