

## Surf & Multi-Sport Skills Camp

September 9<sup>th</sup> – VAC Books – Smalley



- Dates: Thursday Oct 6<sup>th</sup> to Saturday Oct 8<sup>th</sup>
- Groups Involved: C1, C2 & FIS athletes  
Registered participants w. the Buller, Falls & Hotham race clubs
- Location: **Anglesea YMCA Recreation Camp** – details & directions on the link below  
[Anglesea YMCA Information & Directions](#) |
- Contact person: Jeff Books: [jeff@mhrs.org.au](mailto:jeff@mhrs.org.au) - 0431 071 121

### CAMP OBJECTIVES

- To provide a high quality, exciting and affordable training opportunity
- To create an environment of excellence amongst Victorian athletes and coaches
- Team building and athlete integration across all age groups
- To create an environment of challenge and variety. We mustn't underestimate the importance of creating environments of cognitive challenge and adaptation- new environments, new decisions, new movement patterns & new challenges

### TRAINING FOCUS

- 3 day multi-sport camp designed to enhance (& challenge) athleticism, decision making and reactive abilities
- 4x sessions per day – pretty full days
  - Specific development of surfing and paddling skills
  - surf carnival - surfing, paddling, iron man/women, flag games
  - Canoe Survivor Challenge
  - Mountain biking
  - Ropes courses & vertical challenge
  - Sport psychology
  - Specific development of surfing and paddling skills
  - Specific conditioning, high quality energy system work



### STAFF

1. VAC Staff
  - a. Supervision, coaching & guidance
  - b. + parent chaperone
2. The Performance and Sports Psychology Clinics
  - a. Dane Barclay & Daniel Dymand
3. Anglesea professional staff
  - a. Ropes, vertical challenge and mountain biking
4. West Coast Adventures
  - a. Surfing and paddling activities



### TRAINING GROUPS & RATIOS

- Separate training groups for children and FIS athletes, however VAC staff reserve the right to structure the training groups as they deem appropriate based on developmental requirements, training age and project numbers

## COSTS

- The camp is priced to break even on 3<sup>rd</sup> party and staffing costs
- VAC covers the cost of sports psychologist
- Coach expenses to will be based on the # of attending athletes – approx. \$120
- The below costs are projected costs – actual camp costs will be reconciled by Friday, October 14
- Total camp cost will come in between \$360 & \$400

	Qty	Daily cost	Total	Comments
Accommodation	2	\$ 70.00	\$ 140.00	
Surf lessons	4	\$ 20.00	\$ 80.00	
Vertical Challenge	1	\$ 15.00	\$ 15.00	
Mountain biking	1	\$ 15.00	\$ 15.00	Bike rental available
Canoe challenge	1	\$ 15.00	\$ 15.00	
Sports Psychology	1	VAC contribution		
Coach Expenses **	1	Variable based on #'s		
	<b>Total</b>		<b>\$ 265.00</b>	

## Payment schedule

- Full payment by Friday, September 30<sup>th</sup>
- Payment details provided upon RSVP
- Friday, October 14 – reconciliation of actual camp costs

## INCLUSIONS

- Shared accommodation
- Meals – see below
- 8 hours of surf instruction
  - Wet suit – surf board
- 2 hours of Mountain bike instruction
- Canoe Survivor Challenge – instruction & canoe rental
- Vertical Challenge – instruction & ropes course usage
- Sport Psychology sessions – 2x 1 hour sessions
  - Provided by the VAC
- Coach expenses

## EXCLUSIONS

- Transport to Anglesea
- Snack food
- Mountain bike rental

## MEALS

- The following meals are provided as part of the accommodation package
- Thursday – lunch & dinner
- Friday – breakfast, lunch & dinner
- Saturday – breakfast

## TIMELINES

- **Friday, September 23** - Enrolment due
  - RSVP to Jeff Books on [jeff@mhrs.org.au](mailto:jeff@mhrs.org.au)
- **Friday, September 30** - Payment due on projected costs
- **Friday, October 14** – budget reconciliation on actual costs

## CAMP SCHEDULE

Day	Thursday, Oct 6		Friday, Oct 7		Saturday, Oct 8			
Group	Children	FIS	Children	FIS	Children	FIS		
6:00am			AM drills - beach		AM drills - beach			
7:00am			Breakfast		Breakfast			
8:00am			Surfing Skills #2		Surfing Skills #4			
9:00am								
10:00am								
11:00am	Welcome - arrival		Mountain biking	Vertical Challenge	Mountain biking	Mountain biking		
12:00pm	Lunch		Lunch		Wrap up - travel to MLB			
1:00pm	Surfing Skills #1		Surfing Skills #3					
2:00pm								
3:00pm	Sport Psych	Canoe Surv. Challenge	Sport Psych	Mountain biking				
4:00pm	Canoe Surv. Challenge		Vertical Challenge					
5:00pm		Sport Psych		Sport Psych				
6:00pm	Dinner		Dinner					
7:00pm	Team games		Team games					
8:00pm	Free time		Free time					
9:00pm	Lights out	Lights out	Lights out	Lights out				

\*\* Schedule is subject to change

## PARENTS

- Drop the kids off in Anglesea or stick around
- Parents are welcome to stay at the YMCA facility with the athletes
- Please book your accommodation w. Jeff

## SUPERVISION

- Supervision provided by the coaching staff and designated chaperone

### WHAT TO BRING

- Sleeping bag (sheets and doona are fine as well)
- Clothing for outdoors/indoors, bathers, jacket/hoodie for night time, toiletries
- Bathers & towel, sunscreen (lots of sunscreen)
- Beach footwear & old shoes (for water play – canoeing)
- Training journal
- Surf board – available as part of surfing lesson if you haven't got one
- Wet suit – available as part of surfing lesson if you haven't got one
- Mountain bike – available for rent if you haven't got one
- Athletic gear – shorts & trackies, hoodie & rain jacket, water bottle (1-2L capacity)

### ANGLESEA YMCA SPORT FACILITY

- Located 1.5 hours from Melbourne CBD, the Anglesea YMCA is located across from the Great Ocean Road
- Central location to all activities
- Indoor / Outdoor recreational facilities
- Dorm style accommodation
- Separate residences for girls & boys

Thank you for your interest in the **Surf & Multi Sport Camp**. Please contact Jeff for questions.

**Jeff Books** - VAC Sport Development Manager  
Mobile: 0431 071 121  
E mail: [jeff@mhrs.org.au](mailto:jeff@mhrs.org.au)  
Skype: jeff.books



**Christoph Maier**  
Program Director  
Mt Buller Race Club

**Jessie Pitt**  
Program Director  
Falls Creek Race Club

**Brett Smalley**  
Program Director  
Mt Hotham Racing Squad