



Dear Parents/Guardians and Athletes

ST MARGARET'S ATHLETICS CAMP 2018

The 2018 St Margaret's Athletics Camp will be held on Thursday 20 September to Saturday 22 September on the Gold Coast at the Sports Super Centre, Runaway Bay. This is a very important camp for all squad members as well as being a lot of fun. Activities both on and off the track will provide excellent technical and physiological development for the girls. There will also be many recreational and team bonding activities available. The program will include:

- Athletics training sessions at the new Athletics Complex at the Super Sports Centre
- Video analysis of each athlete
- Recovery Ice Bath sessions
- Team building activities – Trivia and Movie night, Ball Sport competition

COST

The cost of the three-day camp will be \$258 which includes accommodation, all meals, coaching, seminars, transport and recreational activities. Spending money is additional and optional. Both boarders and day girls are strongly encouraged to attend this camp so that we can consolidate technique, strength and fitness in preparation for the upcoming QGSSSA Championship on Monday 15 October.

TRAVEL

A bus will be provided to transport all girls from St Margaret's to and from the camp, as well as all transfers to training sessions and activities over the duration of the camp. We would be happy to assist any student who needs transport to their flights home on Saturday evening.

SUPERVISION

During the camp, girls will be under the guidance and supervision of Head of Sport, Helen Lobbeiger, Athletics Coordinator, Thomas Smithers, Head Athletics Coach, Eric Brown as well as teacher assistants and visiting coaches who will be available at all times to assist the girls.

REGISTRATION

To reserve a place at the 2018 Athletics Camp, please complete the registration on [Flexi Schools](#) by Wednesday 19 September.

Yours sincerely

Helen Lobbeiger
Head of Sport