

# Young Olympians Camp 2010



Supported by

New Zealand Secondary Schools Athletics Association  
Athletics New Zealand Rio 2016 Project

**Wanganui Accommodation at Wanganui Collegiate School**

**Sunday 24<sup>th</sup> January – Wednesday 27<sup>th</sup> January**

**Top 3 Seniors and Rio 2016 Project Squad have automatic acceptance and the rest will be advised if they are to be accepted. It is vital that all register. A deposit of \$100 is required to confirm your place in the camp. Deposit required by Thursday 23<sup>rd</sup> December.**

Athletes who finish between 4<sup>th</sup> and 6<sup>th</sup> in Senior Events and top 3 in Junior Events are invited to apply for a place at the camp, register at the YOC desk. You can apply for the camp with a \$100 deposit and if your application is not accepted the deposit will be returned to you.

Athletes at Camp have the opportunity to compete at the Cooks Classic (Wanganui 26<sup>th</sup> January) and also be part of a tour that includes the Capital Classic (Friday 22<sup>nd</sup> January, Cooks Classic and the Sylvia Potts Classic 29<sup>th</sup> January in Hastings.

All three are selection Meetings for the T21 Test with Australia in February

The Camp will therefore differ from past years although we will retain many of the popular activities and is extremely well staffed.

Please note that your personal coach is very welcome at Camp but they need to apply.

**Cost of Camp: \$300**

This includes all meals and accommodation and also entry to the competition on Tuesday 26<sup>th</sup> January. All Young Olympians will receive a Young Olympians gift and are entitled to have one article of clothing screen printed at no cost

**NB**

**Rio 2016 Project squad athletes will be funded and New Zealand Secondary Schools Athletic Association will give a \$100 grant to any athlete in the NZSS Team not funded by Rio 2016**

As indicated above there is an opportunity to take part in a Tour that takes in all 3 Classic Meetings. There will be an experienced Tour leader with athletes on Tour  
This package includes accommodation in Wellington (Friday/ Saturday 22<sup>nd</sup>/23<sup>rd</sup> January, YOC at Wanganui and Hastings 27<sup>th</sup> – 30<sup>th</sup> January.

See Registration forms for variations and combination package  
Travel - \$ 75 and accommodation based on \$65 per night (other than YOC)  
(This is to be confirmed)

### **Camp Outline:**

**Sunday 24<sup>th</sup> January**      **Noon Registration**  
(Bed and Breakfast on Saturday night 23<sup>rd</sup> January \$25 is available on application)  
Afternoon                      **Session 1**  
Evening                          **Sport Science seminars/ Rio 2016 activities and other camp activities**

**Monday 25<sup>th</sup> January**      **am: Specific coaching by event groups**  
   **pm: Specific coaching which is aimed to meet the needs of individual athletes**  
   **Evening Sport Science seminars/ Rio 2016 activities and other camp activities**

**Tuesday 26<sup>th</sup> January**      **am: Warm up and event preparation**  
   **pm: Sport science continued and individual discussions with coaches as appropriate**  
   **Evening competition at Cooks Classic Entry form attached)**

**Wednesday 27<sup>th</sup> January** **am: Final coaching session**  
   **Camp conclusion at 11-00 am travel home or continue on Tour**

Please note that there will be specific activities for Rio 2016 Project Squad members and also for coaches including personal coaches.

Athletes who are on the complete will have a modified programme with a theme of what it takes to be a touring athlete. An important theme for athletes with international aspirations

For further information contact Alec McNab 021 421 145 or e mail  
[amcnab@collegiate.school.nz](mailto:amcnab@collegiate.school.nz) Contact before 20<sup>th</sup> December

Please note application deadlines and address and e mail for applications on application form

Details can be downloaded from the ANZ website on the high performance section and also from NZSSAA website.