



TEAM AUSTRALIA

**Newsletter: Edition 2
February 2015**

FULL TEAM AUSTRALIA TRAINING CAMP

This edition of the Team Australia newsletter contains important information about the full team Training Camp being held this month.

The Training Camp is being held at Tallebudgera Recreation Camp on the Gold Coast from **Friday 20 February to Sunday 22 February**.

The Camp is a great opportunity to meet your coaches and team mates, train with the team and learn more about the World Games and how you can prepare to achieve your best.

PLEASE READ ALL INFORMATION IN THIS NEWSLETTER CAREFULLY and contact your coach if you have any questions.

See you at the camp!

Anna & Suzy

WHAT'S IN THIS EDITION?

- Important Dates
- Levy Payment Schedule
- Training Camp Info
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- Fundraising
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IMPORTANT DATES

23 Jan: Levy due (\$1750)

20-22 Feb: Full Team Training Camp, Gold Coast

10 March: Levy Due (\$2000)

11 May: Levy Due (\$2000)

30 June: Levy Due (\$2000)*

25 July – 2 Aug: LA2015

** Final levy payment will be reviewed in June according to sponsorship and fundraising.*



Where:

Tallebudgera Recreation Camp, Gold Coast, QLD

When:

Friday 20 Feb – Sunday 22 Feb

What to expect:

The Training Camp is the only chance Team Australia has to get together before leaving for the World Games in July.

It is a great opportunity to get to know your team mates and coaches, both within your own sport, and from other sports.

The training camp will include:

- Sport specific training sessions
- Team bonding time
- Full team activities
- Special Guest presenters
- Uniform fittings
- Photographs

What to wear to travel to the camp:

All athletes and officials are to wear 2014 Special Olympics State uniform (polo shirts and track pants or shorts) for travel to and from the training camp.



Travelling to the Camp:

All travel arrangements will be made by SOA with all athletes and officials receiving their travel details either via email or post.

Athletes from WA, SA, TAS, VIC, ACT and NSW will be travelling by plane to Gold Coast airport.

There will be a **travel coordinator** assigned at each airport to assist with travel. It will be important to stay in your designated group for travel until arrival at the training camp at which point athletes and officials will move into sport specific athlete/coach ratios.

You will be met at Gold Coast airport with transfers arranged to the camp. Travel time from Gold Coast airport to the camp is approximately 15 minutes.

QLD athletes travelling by car are to arrive between **3:30pm – 5:00pm** and you will be met at reception. Please ensure you are wearing 2014 Special Olympics state uniform on arrival. Please note no arrivals at camp prior to **3:00pm**.

Departure from camp on Sunday 22 Feb will be between **2pm – 3pm**. All QLD athletes travelling by car should be collected at front reception between the designated times. No athletes will be able to be picked up prior to **2pm**.



Camp Flight Details:

Please find below the flight details for those athletes and officials coming from interstate.

Departure City	Travel Coordinator	Mobile Number
Melbourne	Alicia Lands	0434 514 959
Adelaide	James Harris	0400 182 606
Sydney	Mary Greig	0408 230 167
Perth	Brooke Galupo	0448 606 131
Newcastle	Rodney Nugent	0412 824 024
Canberra	Lauren Camino	0477 733 583
Hobart	Lauren Camino	0477 733 583
Launceston	Lauren Camino	0477 733 583
Orange	Lauren Camino	0477 733 583
Narrandera	Lauren Camino	0477 733 583

Remember you need to be at the airport **1 ½ hours before your flight** and meet your travel coordinator at the QANTAS Check-in area at your airport. The travel coordinator will assign you to a coach for travel until arrival at the camp. All medications are to be packed in Webster packs and stored in athlete's backpacks.

All athletes and officials have 20kg checked luggage and 7kg carry on baggage.

Please see flight details for all athletes travelling from interstate to the camp.

NSW ATHLETES AND COACHES

Athletes and Coaches	Airline	Flight no.	Date	Departure - Destination	Times	Extra info.
Rodney Nugent Melissa Nelson Jarrod Lantry Keiran Corry Jordan Brown Carley Chapman	Jetstar	JQ492	Friday 20th February	Newcastle - Gold Coast	16:25 - 16:30	
	Jetstar	JQ493	Sunday 22nd February	Gold Coast - Newcastle	13:40 - 15:55	

Athletes and Coaches	Airline	Flight no.	Date	Departure - Destination	Times	Extra info.
Thomas Preston	Regional Express	ZL464	Friday 20th February	Narrandera - Sydney	10:55 - 12:15	
Thomas Preston	Jetstar	JQ412	Friday 20th February	Sydney - Gold Coast	13:55 - 14:15	
Thomas Preston Leanne Secomb	Jetstar	JQ417	Sunday 22nd February	Gold Coast - Sydney	12:25 - 14:55	
Thomas Preston	Regional Express	ZL473	Sunday 22nd February	Sydney - Narrandera	17:00 - 18:25	

Athletes and Coaches	Airline	Flight no.	Date	Departure - Destination	Times	Extra info.
Mary Greig Denise Sorraine Lauren Camino Amanda Beehag Josephine McLean Sandy Freeman Michael Wren Lee Marriot Emma Zamprogno Alyse Saxby <i>Jessica Duncan</i> <i>Nicole Harris</i>	Jetstar	JQ408	Friday 20th February	Sydney - Gold Coast	13:05 - 13:25	
Leanne Secomb Kelly Milroy Gavin Backhouse <i>Eliza Mills</i> <i>Alexander Barnes</i> <i>Dianne Demello</i> <i>Dean Pallier</i>	Jetstar	JQ412	Friday 20th February	Sydney - Gold Coast	13:55 - 14:15	<i>ACT and Northern TAS athletes joining this flight in SYD</i>
Mary Greig Lauren Camino Amanda Beehag Josephine McLean Sandy Freeman Michael Wren	Virgin Australia	VA526	Sunday 22nd February	Gold Coast - Sydney	14:05 - 16:35	<i>Leanne Secomb, Jessica Duncan, Nicole Harris, Dianne Demello, Dean Pallier, Alexander Barnes and Eliza Mills on different return flight</i>
Kelly Millroy Gavin Backhouse Denise Sorraine Lee Marriot Emma Zamprogno Alyse Saxby	Jetstar	JQ413	Sunday 22nd February	Gold Coast - Sydney	14:55- 17:25	

VIC ATHLETES AND COACHES

Athletes and Coaches	Airline	Flight no.	Date	Departure - Destination	Times	Extra info.
Elizabeth Crouch Alicia Lands Brittney Neil Alannah McKeown Jake Vandersluys Cameron Turner Skye Cameron Shane Cocks	Virgin Australia	VA749	Friday 20th February	Melbourne (Tullamarine) - Gold Coast	15:10 - 16:20	
Melissa Theochari Kerryn Gibson Krystelle Lloyd Jessica McCulloch Cassy Gefke <i>David Robinson</i> <i>Jake De La Motte</i> <i>Philip Mahoney</i>	Virgin Australia	VA746	Sunday 22nd February	Gold Coast - Melbourne (Tullamarine)	16:55 - 20:10	<i>David Robinson only one way Jake De La Motte and Philip Mahoey on different return flight</i>

TAS ATHLETES

Athletes and Coaches	Airline	Flight no.	Date	Departure - Destination	Times	Extra info.
Jason Reid	Virgin Australia	VA1321	Friday 20th February	Hobart - Melbourne (Tullamarine)	10:30 - 11:45	
	Virgin Australia	VA749	Friday 20th February	Melbourne (Tullamarine) - Gold Coast	15:10 - 16:20	
	Virgin Australia	VA746	Sunday 22nd February	Gold Coast - Melbourne (Tullamarine)	16:55 - 20:10	
	Virgin Australia	VA1336	Sunday 22nd February	Melbourne (Tullamarine) - Hobart	21:40 - 22:55	

Athletes and Coaches	Airline	Flight no.	Date	Departure - Destination	Times	Extra info.
Nathan West Johnathan Goss Gabrielle Turley	Jetstar	JQ746	Friday 20th February	Launceston - Sydney	09:25 - 11:00	
	Jetstar	JQ412	Friday 20th February	Sydney - Gold Coast	13:55 - 14:15	
	Virgin Australia	VA740	Sunday 22nd February	Gold Coast - Melbourne (Tullamarine)	13:55 - 17:10	
	Virgin Australia	VA1378	Sunday 22nd February	Melbourne (Tullamarine) - Launceston	19:20 - 20:25	

WA ATHLETES AND COACHES

Athletes and Coaches	Airline	Flight no.	Date	Departure - Destination	Times	Extra info.
Brooke Galupo Mitchell McKenna Bradley Turner Jason Kappler Sara Cann Matthew Calkin Bronwyn Russell Brendon Masters James McKinley Hendley Christopher Minutillo Dylan Coop	Qantas	QF576	Friday 20th February	Perth - Sydney	07:05 - 14:15	
	Qantas	QF864	Friday 20th February	Sydney - Gold Coast	16:35 - 17:00	
	Virgin Australia	VA738	Sunday 22nd February	Gold Coast - Melbourne (Tullamarine)	12:55 - 16:10	
	Virgin Australia	VA691	Sunday 22nd February	Melbourne (Tullamarine) - Perth	17:35 - 18:50	

ACT ATHLETES

Athletes and Coaches	Airline	Flight no.	Date	Departure - Destination	Times	Extra info.
Gabrielle Dear Bronwyn Ibbotson Darren Tait	Jetstar	JQ412	Friday 20th February	Sydney - Gold Coast	13:55 - 14:15	Bus to Sydney
Liam O'Donnell Allister Peek Jack Littleton	Virgin Australia	VA1696	Sunday 22nd February	Gold Coast - Canberra, AU	21:05 - 23:40	<i>Jack Littleton on different return flight</i>

SA ATHLETES AND COACHES

Athletes and Coaches	Airline	Flight no.	Date	Departure - Destination	Times	Extra info.
James Harris James Henry Bradley	Virgin Australia	VA1447	Friday 20th February	Adelaide - Gold Coast	08:50 - 10:45	
Patterson Andrew Tanner Adrian Langford Bradley Kinross Wayne Kinross	Virgin Australia	VA526	Sunday 22nd February	Gold Coast - Sydney	14:05 - 16:35	<i>Bradley and Wayne Kinross on different return flight</i>
	Virgin Australia	VA436	Sunday 22nd February	Sydney - Adelaide	18:10 - 19:50	

IVOR BURGE ATHLETES

Athletes and Coaches	Airline	Flight no.	Date	Departure - Destination	Times	Extra info.
Dianne Demello Jessica Duncan Nicole Harris Eliza Mills Alexander Barnes Dean Pallier Jake De La Motte Philip Mahoney Jack Littleton Bradley Kinross Wayne Kinross	Virgin Australia	VA 738	Sunday 22nd February	Gold Coast - Melbourne (Tullamarine)	12:55 - 16:10	

Packing List:

Please ensure you have all required items as listed below. All items must be clearly named with athletes FULL NAME. This includes socks and underwear

Please wear your 2014 National Games State Polo Shirt and Track pants/shorts for travel to and from the Training Camp

ALL athletes will require:

- 1 set of sleepwear
 - Underclothes – enough for 3 days
 - Females** – good sports bras/crop tops
 - Cloth or mesh laundry bag with zip or drawstring
 - Toiletries (toothbrush, tooth paste, shampoo, conditioner, deodorant etc.)
 - 2 sets of training gear
 - 1 set of clothes for social night
 - 2 extra t-shirts
 - 2 extra pairs of shorts
 - 1 extra jumper/track top
 - Water bottle
 - Hat
 - All athletes:** pair of swimmer/bathers, sunscreen, towel
- MEDICATION REQUIRED FOR FRIDAY-SUNDAY PACKED IN WEBSTER PACK**
- SPORT SPECIFIC GEAR LIST: Please make sure you pack the items for your sport**
- Aquatics:** swimmers, goggles, caps, earplugs (if used), towel, kickboard
 - Athletics:** spikes if used
 - Basketball Men:** Reversible singlet if you have one, light/dark training singlets, basketball shoes, knee ankle braces (if used), strapping tape
 - Basketball Women:** As above, plus skipping rope
 - Bocce:** Flat sole runners
 - Bowling:** Bowling ball and shoes, hand towel
 - Equestrian:** Jodphurs, riding boots & socks, helmet, long sleeve cotton shirt, gloves
 - Football:** Boots, shin pads, knee and ankle braces (if used), strapping tape (if used), goalkeeping kit (jersey and gloves) if you play in goal, sandshoes/runners, indoor shoes (if you have them), 2 spare shirts, 2 spare shorts, 2 pairs of socks for training
 - Golf:** Golf clubs, golf shoes, collared shirt, 6 golf balls
 - Gymnastics:** all gymnastics athletes – sandshoes/runners and socks
 - *MAG & WAG athletes:* shorts and tank top/singlet or leotard, hand guards and gym shoes (if used)
 - *RG athlete:* shorts and tank top/singlet or leotard plus personal apparatus: Ribbon, Ball, Hoop, Rope & Clubs
 - Sailing:** Booties or sailing shoes, personal flotation device (PFD), sailing gloves, long sleeved sailing shirt, hat, shorts or long trousers for sailing, spray jacket or wet weather gear, extra towel, wetsuit
 - Softball:** Softball glove and ball, helmet (must be black), softball bat, hat, shin pads and long socks, cleats/sneakers, mouthguard, long pants for sliding (if required)
 - Tennis:** Tennis racquet, tennis shoes, hat

Important Medical Information

Please note that ALL MEDICATIONS, VITAMINS AND SUPPLEMENTS must be packed in Webster Packs for the Training Camp and for the World Games.



If you have any questions regarding Webster Packs, medication or any medical issue, please contact:

Annette Dundas (Team Nurse)

07 3288 3528 or 0419 774 918

annette-dundas@bigpond.com

HOST TOWN ANNOUNCEMENT

Team Australia's Host Town is....

HUNTINGTON BEACH, ORANGE COUNTY, CALIFORNIA!!!

This photo was taken at the official announcement ceremony when Huntington Beach was confirmed as one of many host town communities for the World Games.



This beautiful part of California will be home to Team Australia from 21-24 July while we settle in, complete our final training preparations and learn more about what life is like in the USA!

Host Town is a fantastic opportunity for the team to bond and come together to ensure we are all at our best when it's time for the World Games competition.

FUNDRAISING

We hope that you are out there fundraising for your sports team! A reminder that all fundraising resources are online. Click [here](#) to view online resources with ideas about how to fundraise.

All donations on the Sport Team fundraising pages will be divided amongst the members of that team and the donor will receive a tax deductible receipt.

Grab your team mates today and get out there and fundraise together to help everyone on Team Australia to get to the World Games!

TRAVELLING ON AFTER THE GAMES

Special Olympics Australia is still in discussions with Qantas airlines to secure sponsorship of flights for Team Australia.

We are endeavouring to have confirmation of flights by Mid-Late February and as soon as we have confirmation of flights we will be communicating this with all athletes and families.

For anyone who is planning on staying on after the Games can you please complete the [Athlete Release Form](#) with details of what date you wish to return to Australia on and return to Lauren Camino at SOA by **February 27th** so we know how many people are planning on returning to Australia at a later date.

FAMILIES AND SUPPORTERS UPDATE!

With the World Games in Los Angeles are commencing in just under six months if you have been thinking of going along to support your athlete, now is the time to start planning, if you have not already done so.

Families Registration:

Don't leave this until the last minute! Families who register will be provided with a Family Welcome Pack including Access to Games Shuttle, Invitation to attend Family Reception, **Complimentary Opening and Closing Ceremony tickets** and other benefits.



Registration can be done ONLY online by visiting www.la2015.org/registration, registration is limited to family members of the competing athlete. Do not miss the **April 20th Deadline!** General spectator tickets for opening and closing ceremonies will go on sale in March.

Accommodation for Families in LA

We have requested a block booking through the Games Organising Committee for Australian families at one of the discounted hotels. If you have not already made a request to be part of this booking, please get in contact with Lenore as soon as possible to secure your accommodation at the Team Australia hotel.

Travel Arrangements

For all airfare bookings and holiday extensions these can be arranged with Hollie from Flight Centre. Please contact Hollie at hollie.white@flightcentre.com.au or phone (07) 3006 5777.

For any questions regarding Families and Supporters program please contact our Families and Supporters Coordinator Lenore Wilson who is always happy to help in any way possible! Email: lwilson4@optusnet.com.au Phone (07) 3408 1531

TRAVEL INSURANCE

Travel insurance is covered for all athletes and officials on Team Australia for the duration of the Games (21 July – 3 August). For any athlete who is staying in America and travelling with their families will have to get travel insurance to cover the duration of your holiday.