



In it for life

Lyall Bay Surf Life Saving Club

2010 National Championships – Information

When & Where:

Ohope Beach

1 – 14 March 2010

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Thursday 11 March• Friday 12 March• Saturday 13 March• Sunday 14 March• Monday 15 March | <p>Travel to Whakatane/Ohope
National Champs
National Champs
National Champs
Return to Wellington</p> |
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Transport:

The club has hired 4 vans to transport competitors to Ohope. The vans will depart from Lyll Bay Surf Club at 6.45 am Thursday morning- or as advised by your driver.

The vans will stop for lunch – please bring your own or money to buy

The vans will transport competitors to and from the beach on each competition day.

The vans will return to Wellington on Monday and the expected arrival time in Wellington is approx. 5pm Monday (at the club).

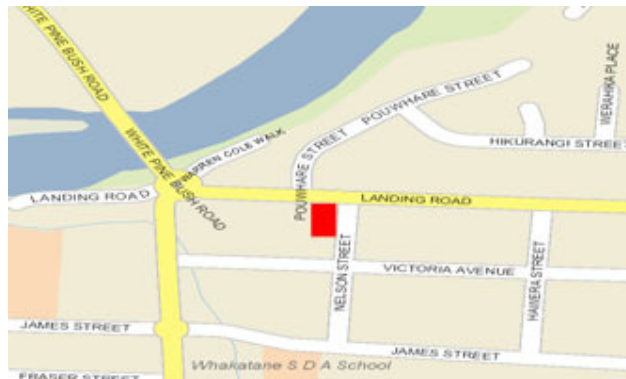
Accommodation:

Naumai Motel:

naumaimotel@xtra.co.nz

Phone: (07) 308 6422

Free Phone: 0800 802 883



Boat crews at rented houses.

All members are expected to look after the motel and leave the units reasonably tidy.

Any major/deliberate damage will need to be paid by the individual causing it.

Gear loading:

Wednesday 10th March – 6pm

Please be there to help to make sure your board/ ski/ paddle/ tube/ fins get loaded.

Suggested Gear List:

Beach Gear

- Club togs – compulsory
- Club beanie – compulsory
- Goggles
- Beach towels
- Sunhat, sunscreen, sunglasses
- Water bottle - very important to keep your fluids up and not become dehydrated!
- Gear repair kit – bung, tape, wax etc
- Fins for tube rescue – if you want to take your own
- Blanket

Clothes

- Waterproof jacket/coat
- Tracksuit/Polar fleece/warm jersey
- Polyprops/wool hat
- Club clothing
- Shorts/t-shirts/sweatshirts
- Party clothes
- Jandals

It could be hot or cold so please bring enough warm clothing, especially for the early morning starts.

Other

- Toiletries
- Medicines
- Binocular
- Money/food for lunches on Thursday & Monday
- Money/eftpos card for buying nationals clothing
- Breakfast cereal and spreads
- Additional snacks (muesli bars/sports drinks)

Where will we be based on the beach?

Lyll Bay will have two tents erected on the beach. One (on loan from Opotiki surf club or college) will be located in the boat arena and the club tent will be near the U16/U19/Open arenas.

What do I wear for competition?

You must wear club togs and club beanie at nationals. If you need any clothing please contact Deb Short (tanddshort@xtra.co.nz) immediately. You can wear a club rash vest for individual events, but for team events everyone must be in the same vest. For some finals a vest will be supplied by NZ surf and is compulsory (e.g. surf races)

What if I win?

If you are lucky to be involved in a medal ceremony you must wear club beanie and uniform or togs. The whole team must be dressed the same.

Food

Food will be supplied as follows:

Day	Who?	Meal
Thursday	Motel based team	Dinner
Friday	Motel based team	Milk, bread for breakfast
Friday	Those who have requested lunches	Lunch/morning & afternoon teas (available throughout day at tent)
Friday	Motel based team	Dinner
Saturday	Motel based team	Milk, bread for breakfast
Saturday	Those who have requested lunches	Lunch (available throughout day at tent)
Saturday	Motel based team	Dinner
Sunday	Motel based team	Milk, bread for breakfast
Sunday	Those who have requested lunches	Lunch (available throughout day at tent)
Sunday	Motel based team	Takeaways (pizza) at motel
Monday	Motel based team	Milk, bread for breakfast

As well, you will need to provide:

- Own breakfast cereal
- Breakfast spread (jam etc-work out with your room mates to have a variety)
- Muesli bars, sports drinks
- Baking for night time is always welcome!
- Money/food for lunch on travelling days on Thursday and Monday

Is there a Party?

There are two parties planned as normal on the Sunday night, an U18 party (no alcohol, no pass outs) and an Over 18 party. Tickets are \$10. All under 19 competitors have been billed for their tickets. All others will need to advise Marilyn by Friday lunchtime (on the beach) and pay the \$10 directly to her. Only the club can buy tickets. The club will transport all U18's staying at the motel to and from the party. Those staying privately need to arrange their own pickups from the parties.

Can I buy nationals clothing?

The usual range of national clothing will be on sale, including t-shirts, polo tops, hats etc.

Trip Costs:

Costs

Item	\$
Levy	40

Van travel	75
Accommodation(4 nights)	185
Lunches (3 Friday-Sunday)	25
Dinner (4 Thursday – Sunday)	55
Party ticket	10
TOTAL	390

Payment

Payment is required by **Monday 8th March 2010** if you are paying by internet or bank deposit (to give us time to check bank statements). Last day for payment by eftpos/cheque at the club is Tuesday 9th March. All other outstanding debts must also be paid by then.

You may pay by:

Internet Banking

Lyall Bay SLSC- National Bank - Kilbirnie branch - a/c # 060501 - 0047915 - 00

Please use surname or invoice # as a reference and email the administrator that a payment has been made.

Sunday 5 – 6pm
Tuesday 6.30pm

Clothing available for sale on Sunday and Tuesday

Team Meeting

A team meeting will be held at the motel after dinner each night.

General Conduct:

It will be a long day on the beach, usually starting at 7am. Please note the following so as not to stress out the managers:

- You are expected to stay on the beach and in contact with team management. **DO NOT LEAVE THE BEACH**
- You may not go back to your parent's (or others) houses in Ohope/Whakatane.
- Let the team managers know where you are at all times (e.g. going to clothing tent) as the programme is often changed depending on surf conditions and you need to be ready to compete when called.
- Following your event please ensure that your board or ski etc is taken back to the team tent. Please also remember to take smaller equipment i.e. paddles/tubes/fins back to the tent as these often go missing.
- All competitors are expected to assist loading gear onto trailers whether it is theirs or not. Many hands make light work.

Medical & Behaviour Form:

All competitors need to complete the Medical and Consent Forms (attached, on notice board or from website) and return in the payments box by Tuesday 9th March

Drug Testing:

SLSNZ DOPING POLICY

All participants in the Nationals must be aware that random drug testing by the New Zealand Sports Drug Agency may take place during the event. SLSNZ 's anti-doping policy is on their website.

If any of your athletes have Therapeutic Use Exemption- they must be given to SLSNZ prior to the event beginning on Friday morning.

Event Information:

All event information and live results are available on the SLSNZ website:

www.surflifesaving.org.nz

Website

All club information relating to the Nationals can be found on the club website:

- Medical form
- Behaviour form
- List of entries
- Programme
- Costs

Funding

Lyll Bay Surf and Life Saving Club would like to acknowledge the support received from organisations that helped to make Nationals more achievable and affordable to you.