



Christ Centred
Enriching Community
Nurturing Uniqueness
Inspiring Greatness

Medowvie
CHRISTIAN SCHOOL



**AUSTRALIAN
INSTITUTE OF
SPORT**

2019 Expression of Interest Australian Institute of Sport - Training Camp

Please return to school office by **Friday 2nd November 2018**

We do need a minimum number of students for this camp to run. If we get the numbers by Friday 26th October, official notes will go out in November.

In 2019, Stage 5 students will have the opportunity to immerse themselves in an elite training environment at Australian Institute of Sport. This camp is excellent for any student looking to learn more about being an elite sportsperson, or if they are interested in learning about pathways in working in the elite sport field. This camp is also excellent for all students in PASS in 2019.

This camp covers & includes the following:

- Three nights' accommodation at Alivio Tourist Park <http://aliviogroup.com.au>
- Training at the Australian Institute of Sport
- AIS coaches running: Pool, Running and Recovery sessions, also circuit training: To the Core, Mission Impossible and Super Circuit .
- AIS Lectures: Sports Psychology, Recovery, Strength & Conditioning and Nutrition.
- All food (other than travelling down and back)
- Friday night activity: <https://www.blochaus.com.au>

Camp details are below:

Date:	Term 2 - Wednesday 8 th till Saturday 11 th June 2019
Times:	Leaving MCS at 6am Returning to MCS at 2pm
Venue:	Australian Institute of Sport, Canberra
Cost:	\$450

Please do not hesitate to contact me if you have any questions,

Al Westbury

Director of Sport
Mr Alan Westbury

Deal

Deputy Principal
Mrs Tracey Deal



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Student's Name: _____ Year/class in 2019 _____

I am interested in my child attending the **AIS Training Camp**.

- I have spoken with my child about his / her responsibilities.
- My child will be appropriately dressed following the MCS dress code guidelines.
- I understand that all off-site activities involve an element of risk that may result in accidental injury or more. On behalf of my child in signing this document, I accept I have received a risk warning under the terms of the Civil Liability Act 2002 (NSW) and I hereby release the school, its teachers, officials and volunteers from liability to the extent permitted under the terms of the Act. (A Risk Assessment has been completed for this event and may be viewed by parents)
- In the event of injury or illness, I acknowledge that the school will attempt to contact me, but in an emergency situation, I authorise the school to obtain all necessary medical assistance, including ambulance transport, medication and hospital accommodation, and I agree to pay for all related fees and expenses. (A copy of your child's medical record card will be taken on the excursion. Please let us know promptly if there is any additional information.)
- I acknowledge that my signature on this permission slip gives my consent to my child taking part in the nominated excursion. I agree to the student being under the care and authority of the teacher in charge for the duration of the excursion and to the teacher being empowered to return the student home at my expense if the circumstances warrant such action.
- I further acknowledge and understand the travelling arrangements that have been made and approve of them.

Parent name: _____

Date: _____

Signature: _____



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