



Christ Centred  
Enriching Community  
Nurturing Uniqueness  
Inspiring Greatness

**Meadowie**  
CHRISTIAN SCHOOL



## Expression of Interest Altitude Training Sports Camp - Thredbo

Please return to the school office by **Friday 2<sup>nd</sup> November 2018**

We are excited to be running the Altitude Training Camp in Thredbo again in 2019. This is an exciting opportunity for our students to immerse themselves in an elite environment of training and learning about high level sports performance. This camp is for Year 7 & 8 students only in 2019.

If your child is interested in participating in this experience, please return the following page.

**PLEASE NOTE: There are limited positions, there will be trials if needed.**

**Successful candidates will be advised in November, 2018.**

**A look at what to expect:**

- Training sessions: Swimming, Running, Core strength, Stretching, Self-recovery
- Activities: Trampolining, Rock climbing, Hike to the top of Mt Kosciuszko, Skateboarding, High ropes, Alpine Arrow Tag plus other activities.
- Lectures in Nutrition, Strength & conditioning and Sports psychology.
- Students will be designing and preparing their own meals, all within guideline of an Elite Athlete.

<b>Date:</b>	Tuesday 2 <sup>nd</sup> – Saturday 6 <sup>th</sup> April 2019
<b>Times:</b>	Leaving MCS Wednesday morning at 6am Returning MCS Saturday afternoon at 6pm
<b>Cost:</b>	\$350 This includes: <ul style="list-style-type: none"> <li>- Four nights' accommodation at Wanders Ski Club - <a href="https://www.wanderersskiclub.com.au">https://www.wanderersskiclub.com.au</a></li> <li>- All food (other than travelling down and back)</li> <li>- All activities – see above</li> <li>- Lift ticket (when hiking to Mt Kosciuszko)</li> <li>- All travels costs</li> </ul>

If you have any questions, please do not hesitate to contact me,

*Al Westbury*

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Director of Sport  
Mr Alan Westbury

*Deal*

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Deputy Principal  
Mrs Tracey Deal



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Student's Name: \_\_\_\_\_ Year/class in 2018 \_\_\_\_\_

I am interested in my child attending the Altitude 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: \_\_\_\_\_