Quality Coaching Programs for 2010
SPORTS COACHING CAMPS
MON 27th to WEDNES 29th SEPTEMBER

** SWIMMING COACHING -
ANN WINDSOR - Head Coach

** ATHLETICS COACHING -
MANDY ROBERTSON - Head Coach

** CRICKET COACHING
Greg Griffith, Ian Paxton - Coaches

Each of the Camps will be conducted by highly qualified Coaches in that sport which will ensure an excellent coaching program for both beginners and talented players.

Each Program includes sessions to:
- develop techniques of the participant;
- learn new skills, and will allow suitable coaching/recreation periods for that age.

As well as coaching sessions, there will be some recreational activities such as basketball, snooker, squash etc to make both an enjoyable & educational camp for all abilities.

If your child wishes to be in the same room as their friend, please indicate who, on application form, as we will endeavour to put them together.

Accommodation may be available for adults.

QUALITY SPORTING SERVICES
situated at Sports Centre, KWS
59 - 67 Bathurst Road
ORANGE 2800

Phone (02) 63629234 OR 63629244
FAX: (02) 63629199

Wolaroi Sports Camps Available at various times are:
RUGBY, SOCCER, RUGBY LEAGUE, NETBALL.

SEPTEMBER SCHOOL HOLIDAYS, 2010
QUALITY SPORTS COACHING PROGRAMS for SEPTEMBER, 2010

SWIMMING / ATHLETICS / CRICKET

EACH SPORT PROGRAM: includes - IMPROVING TECHNIQUES of the participant, learn new skills, Specialist Areas, Age & Ability Specific Coaching.

VENUE: Coaching: Ovals / Pool at Kinross Wolari School, 59-67 Bathurst Road, ORANGE.
Excellent wet weather facilities are available if there is adverse weather.

Accommodation: Kinross Wolari School, Bathurst Road, ORANGE.
The fully Heated Indoor 25 metre Swimming Pool and magnificent Recreation Centre provides squash, (indoor) basketball & netball courts. First class ovals cater for all sports. Participants will be in rooms of four to six in most cases. All linen is provided and enables the residents to concentrate on their sport. Our staff will attend to all housekeeping duties, including kitchen and dining hall duties.

DATES & TIMES:
10.30am MONDAY 27th to 3pm WEDNESDAY 29th SEPTEMBER, 2010

** SWIMMING CAMP - Players between 9 years to 14 years inclusive.

OR ** ATHLETICS CAMP - Participants between 8 years to 15 years inclusive.

OR ** CRICKET CAMP - Players between 9 years to 14 years inclusive.

** LIVE OUTS PLEASE NOTE: Mon - 10.30am to 5pm; Tues - 9am to 5pm; Wed - 9am to 3pm

CAMP COST PER SPORT

** Participants - Live in .. $295 incl. GST (includes - Accommodation & meals, coaching, hat, waterbottle, etc.)
** Participants - Live out .. $250 incl. GST (Includes Lunch each day, coaching, hat, waterbottle, etc.) PLEASE NOTE TIMES ABOVE.
** Adults - Live in .. $180 incl. GST (Includes all Meals/ Accommodation)

($15 Discount for each additional member of the same family)

A deposit of $50 payable to Quality Sporting Services will hold a position, providing the balance is paid by 17th Sept, 2010.

REFUNDS: Requests for REFUNDS will only be considered if notice of withdrawal is given at least 3 working days prior to program commencement.

EQUIPMENT:
All bedding is provided. Towels are the only linen items you must bring. Bring your usual training gear etc.
Warm clothes, swimmers & towel, sunburn cream, hat, raincoat etc. (Name MARKED with text).

Drink & Vending Machine: at various selected times.

PHONES: Due to security risks, you are requested not to send Mobile Phones to Camp. However, in the event of an emergency please free to ring on 0427 462465. We will phone you if necessary.

TRANSPORT: Participants are to provide their own transport to and from their home to the Camp. Parents may ring the week prior to the camp to enquire whether there are any other children from your area.

FURTHER INFORMATION: can be obtained at: Quality Sporting Services, in the Sports Centre, KWS, 59 Bathurst Road, Orange. or by contacting Beth Norrie on 02) 63629244 or Carl Sharpe on 02) 63629234.
(Mobile: 0427 462465 during camp)