

**COMBINED WRAS CAMP
WALLERAWANG - FEBRUARY 5-7, 2010
PROGRAM (as at 3/2/10)**

FRIDAY	PROGRAM	B ball(18+5)	Hockey(30+5)	Lawn Bowls(6+3)	Lone Star(5+1)	Netball(19+4)	Golf (10+1)	Officiating (8 +1)
6.30-7pm	Coaches arrive							
7-7.30pm	Athletes Arrive (BGC)	All squads to arrive (eat dinner before arriving) - Room allocation						
7.35-7.50pm	Camp Welcome	Main Hall/Veranda						
8-8.30pm	Squad Meeting Time	Harvey	Pergola	Hawkins	Hotel Varandah	Cluff Hall	Dance studio	Beecroft
8.30-10pm	Followup Time	Physical Testing/Admin matters/Catchup						
9.15pm	Supper	Main Hall						
10pm	Bed	All squads						
10.15pm	Lights Out							
SATURDAY								
7-8am	Breakfast and pack lunch	You need to have breakfast, shower and pack lunch during this time						
8am-9am	Lecture	New Athletes and Golf - Drugs in Sport (Dining Room)/ Returning athletes (Topic to be confirmed)						
9am	Travel to training venue	WISA	LGOW HC	LCBC	WANG DMND	WISA	PGC	WISA
9.30am-3pm	Squad Training - Head Coaches may plan the number of sessions (eg. 2-3). Morning tea and lunch to be included		S+C 9.30-10.30am			running 9.30-10.30am	Meeting 9-10am	Ref talk (Beth) 9.30-10am
		running 11.00-12.00 noon			Store promotion 10-12noon	morning tea 10.30-11am	Portland GC 10-12noon	S+C 10.30-11.30am
				S+C 11-12 noon		training 11-12.30pm		Nathan
					running 1.30-2.30pm	lunch 12.30-1.30pm	Travel to LGC 12noon	
			S+C 2.30-3.30pm		training 1.30-3pm	Lithgow 12.45-4pm	Nutrition lecture (Felicity) 2.30-3pm	
3pm	Afternoon Tea							
3.30-5.00pm	Pool Recovery Session	3 (4.30-5pm)	1 (3.30-4pm)	1 (3.30-4pm)	3 (4.30-5pm)	2 (4-4.30pm)	3 (4.30-5pm)	3 (4.30-5pm)
5.15pm	Travel to Cabins							
5.30-6.30pm	Free time							
6.30pm	Dinner	Main Hall						
7.30pm	Karaoke/Activities	Mark Newton - Elise, Felicity and Sarah to assist						
9.30pm	Supper	Main Hall						
10pm	Bed	All squads						
10.30pm	Lights Out							
SUNDAY								
6.45am	Walk and Stretch	Ryan	Dean	Angelina	Amie	Paul Unsworth	Early breakfast	Sheree
7-8.15am	Breakfast	Breakfast, shower and cabin inspections - no one departs for training until the ok is given!						
8.15am	Travel to training	WISA	LGOW HC	LCBC	WANG DMND	WISA	LGC	WISA
8.30am-12.30pm	Squad Training		running 8.30-9.30am		lecture (Anna) 9-10am	S+C 8.30-9.30am	lecture - nutrition 7.30am (Felicity)	Ref talk (Cate) 8.30-9am
		S+C 10-11am		Guest coach Sharon Renshaw	running 10.30-11.15am	morning tea 9.30-10am	lecture - goal setting 8am (Anna)	reflection lecture (Nathan) 9-10am
					11.30-12.00pm recovery pool	training 10-12.30pm	S+C 8-9am	morning tea 10-10.30am
12.30pm	Travel Home - get own lunch	From WISA	From LGOW HC	From LCBC	From Cabins	From WISA	From LGC	From Cabins

Pool Recovery Session - Times

Session 1: 3.30-4.00pm	Session 2: 4.00-4.30pm	Session 3: 4.30-5.00pm
Hockey	Netball	Basketball
Lawn Bowls		Lone Star
		Officiating/Golf

Venues

WISA	Wallerawang Indoor Sports Centre
WPS	Wallerawang Public School
WANG DMND	Next to Lake Wallace
LGC	Lithgow Golf Club
LGOW HC	Lithgow Hockey Centre
LCBC	Lithgow City Bowling Club
PGC	Portland Golf Club

Phone Contacts

Nancy Haslop	0412 878 132
Brett Coxsedge	0432 579 285
Felicity James	0414 621 766
Sharon Cooper (Basketball)	0418 422 736
Bruce McLean (Golf)	0421 734 894
Michelle Bostock (Hockey)	0408 241 408
Vicki Carman (Bowls)	
Anna Coughlan (Lone Star)	0401 518 227
Amanda Cooper (Netball)	0427 722 920
Nathan Pearce (Officiating)	0431 384 380

Lectures

Ron Clarke	Drugs in Sport
Sheree Bilney	S & C
Amie Partridge	S & C
Paul Unsworth	Running/speed/agility
Felicity James	Nutrition
Anna Coughlin	Goal setting
TASS	Ryan Nelson and staff