



**CLAYFIELD COLLEGE**  
*Committed to Excellence*

## **Clayfield College Winter Sports Camp**

**Thursday 16<sup>th</sup> June to Saturday 18<sup>th</sup>**

<b>Day 1</b>			
<b>DATE</b>	<b>Thursday 16.06.2022</b>		<b>Come to school in the College tracksuit</b>
<b>TIME</b>	<b>ACTIVITY</b>	<b>PAX</b>	<b>NOTE</b>
14:00	Arrival	29 +3	Please complete your lodge arrival checklist
14:45 – 15:30	Afternoon tea	29 + 3	CC To provide
15:30 - 16:30	<b>Rotation 1</b> Bootcamp	29	Bootcamp – GCPC Facilitated
17.00 18:00	<b>Rotation 2</b> Outdoor Team Challenge	29	Outdoor Team Challenge – BRAD GCPC BOOKED.
18.30 - 19:00	Dinner Athletes	29 + 3	Trackside Bistro
19.30 - 21:00	<b>CC Team Building session</b>	29	Outdoor Basketball Area Booked
21:30pm	Lights out		
<b>Day 2</b>			
<b>DATE</b>	<b>Friday 17.06.2022</b>		
<b>TIME</b>	<b>ACTIVITY</b>	<b>PAX</b>	<b>NOTE</b>
07:00 - 07:30	Breakfast Athletes	29 +3	Trackside Bistro
07.30-10.00	<b>Sports Specific Sessions</b> (Students to select one)	29	Hockey Netball Tennis Volleyball
10:30 - 12:30	<b>Laser Skirmish</b>	29	Laser Skirmish
11:30 – 12:30	<b>Func. Flex &amp; Mobility</b>	29	Functional Flex
13:00 – 13.30	Lunch Athletes	29 +3	Trackside Bistro
14.30 - 15.30	<b>Rotation 1</b> Yoga	29	Yoga
15.45 - 16.45	<b>Rotation 2</b> IG&TB	29	Initiative Games & Team Building
17.00 - 17.30	Dinner Athletes	29 + 3	Trackside Bistro
18.00 - 21:00	<b>Movie Night</b>	29	All students to attend (Gold Room)
21:30pm	Lights out	29	



Day 3			
DATE	Saturday 18.06.2022		
TIME	ACTIVITY	PAX	NOTE
07:00 - 07:30	Breakfast Athletes	29 + 3	Trackside Bistro
8:00 – 10:00	<b>Sports Specific Sessions</b> (All students to attend)	29	Athletics
10:30	Depart	29	Depart Gold Coast Performance Centre <b>Lunch stop-over on the way home</b>

## Packing List

### ARRIVE TO SCHOOL ON THURSDAY IN YOUR HPE TRACKSUIT

- Basic Toiletries
  - ✓ Toothbrush
  - ✓ Toothpaste
  - ✓ Hairbrush
  - ✓ Soap and shampoo/conditioner
  - ✓ Sunscreen
  - ✓ Deodorant
  - ✓ Moisturizer / creams required
  
- Bath towel & thongs/slides
- CC sports uniform (for sport specific sessions on day 2 & 3)
- Exercise clothing (for day one)
- Extra warm clothing for evenings (Hoodie/beanie/warm jacket)
- Runners (x2)
- Pajamas (winter)
- Underwear
- Socks (sport and bed)
- Water bottles (please have at least 2 that are named)
- Hat/Cap (compulsory)
- Sleeping bag (very warm)
- Pillow (optional)
- Money / card
- Medication (In a sealed bag, clearly labeled with instructions on use) **MUST BE HANDED TO TEACHERS**
- Extra snack food if desired