

Dear Parents and Athletes,

We await the Western Camp (Victoria BC Aug 16-23) with great anticipation and look forward to meeting and hosting the 30 plus athletes attending.

We would like to send regular updates, and this is the first in the series; if you have particular questions, please do not hesitate to contact us.

Your main local contact for the camp is Ferenc Vindisch, the manager of the U16 program and resident of Victoria. The easiest way to reach Ferenc 24/7 is via email to: waterpoloschool@shaw.ca

Emergency contact number – Ferenc’s cell is 250-514-9236

Some details we thought you may need to know:

Athlete airport transfers – getting to Victoria:

Athletes arriving by air will be picked up by your hosts at Victoria International. At the end of their stay, athletes will be dropped off in ample time at the airport.

We will need each individual athlete’s flight itinerary – and have received most itineraries already.

Athletes arriving by Ferry from the mainland should come to Commonwealth Place directly. If transportation is needed, please notify us and we will pick up and drop off at the ferry terminal. The 1pm ferry on Sunday from Vancouver is perfect – the orientation meeting starts at 3pm, a few minutes is not an issue.

Your Staff and Volunteers:

Head Coach: Francis Gross

Assistant Coaches: Kevin Mitchell (Olympian), Andrew Muir

Manager: Ferenc Vindisch

Chaperones: TBA – Chaperones and Coaches will supervise athletes at UVIC residences

UVIC Residences:

The team has a “dedicated” building at UVIC residences. The campus is clean and beautiful – an increasing number of sports teams make use of UVIC residences due to the ample and good quality/varied cafeteria in conveniently close proximity. There are 8 rooms per floor, some with single some with double rooms. Wireless internet access is possible from the rooms. Although it is not a hotel as such, there is room service and athletes do not need to bring their own bedding (maximum a favorite pillow).

Local Transportation Outings and Meals:

Transportation to and from the venue will be provided by Wilsons Transportation – a 48 passenger bus will transport athletes from residences to training venue at Commonwealth Place Pool – indoor Olympic sized facility. Meals will be at UVIC Residences Cafeteria and are included in the price of the camp. Please note that we will have the athletes on two outings – one city tour and one up Island tour, and for these occasions the athletes will need to bring some pocket money for fast food/snacks, souvenirs – these occasions will

mean that the crew will not have time to go back to the residences for lunch so some pocket money will be needed (suggested amount \$30-\$40). Otherwise, the athletes should not need anything extra.

Daily Schedule:

-Please pack sufficient snacks for Sunday until the first practice time.

This is the athletes' typical schedule; there may be occasional schedule changes depending on the level of tiredness of the crew – Coaches will decide if on occasion more rest is in order.

Breakfast served until 9am

Morning Training: 9:30-12:00

Lunch served until 2pm

Rest or social activity

Dinner served between 5pm and 7pm

Evening training: 7:30-10:00pm

Snack at the pool – back to residences

Also classroom sessions will be organized as well

What to bring:

- A copy of your completed information form (attached)

-It is really important to bring running gear as we will have dry land training and on occasion we will be running one of the nice courses around the golf course and the nearby parks and the lake. Also, UVIC residences is walking distance to Cadboro Bay Village and Gyro Park on the ocean – on occasion athletes may seek permission to walk down to the village in groups.

-Please bring 2 bathing suits and 4 towels – one set of towels can dry each day while the other set is being used.

-Sports bag to carry gear daily. (athletes will be asked to bring bags on deck instead of leaving things in the change rooms)

-\$30-\$40 spending money for the two outings – plus any amount of spending money upon parents' discretion for souvenirs, shopping. ATM cards are the best instead of cash however.

-Water Bottle

-Please pack sufficient snacks for Sunday until the first practice time.

If you have any questions please do not hesitate to contact us. We look forward to providing a positive experience for Canada's future water polo stars.