



St. Clair Surf Life Saving Club

Esplanade, St Clair. P.O. Box 743, Dunedin, New Zealand
Phone (03) 455 8850
www.stclairsurfclub.org.nz

2015 Southern Region Champs

The 2014 Southern Region Champs will be held on Saturday 21 and Sunday 22 February at New Brighton Beach.

The Event

The event carries the full range of events: All details including the draft programme are available online: <http://sport.surflifesaving.org.nz/events/srcs/>

Travel

We are travelling in mini vans leaving from the club on Friday afternoon.

One van is leaving at 2pm and the second van is leaving at 4m.

We will be returning on Sunday afternoon at the conclusion of the event.

Accommodation

We are staying at Spencer Park Holiday Park:

Heyder's Road,

Spencerville

Christchurch

Phone - 03 329 8721

<http://www.spencerbeachholidaypark.co.nz/>

Behaviour

All athletes will adhere to Surf Life Saving New Zealand code of conduct.

All athletes will adhere to any directive given by the Team Manager as relates to St Clair SLSC policy.

Athlete Entries

Individual entries for this event should be emailed to stclairslsc@xtra.co.nz after consultation has occurred with Ryan. Team entries will be undertaken by the club appointed selection panel.

Cost

The cost for the event is expected to be \$125 per person for the full weekend. This as per all events needs to be paid before we depart.

What to bring

Gear loading will be at St Clair on Thursday night from 6:30pm

Equipment

If you are unsure what equipment you need please contact me.

For the beach

- Surf/sports bag
- Raincoat and warm clothing – thermals, warm hat etc
- Beach towels
- Named water bottle – we will supply a large water container to refill from
- Swim cap, goggles, ski bung, paddle, etc
- Wetsuit gear to compete in if required
- Club togs and club competition hat
- Sunscreen, sunhat, sunglasses

For the accommodation

- Sleeping Bag or other suitable bedding (including pillow).

Food

Please bring your own food for the trip to Christchurch on the Friday evening.

Please bring money to buy tea on the way home from Christchurch on the Sunday evening.

Please bring baking to provide for the team.

Team Management

TBC

We will provide

Breakfast Saturday and Sunday – including toast, cereal and fruit.

Lunch Saturday and Sunday – including filled buns, muesli bars, fruit, ice buns etc.

Tea Saturday - including Pasta Dora Lasagne, Salad, Bread.

Regards

James Coombes

St Clair SLSC