
T O U R N E W S
A U S → C Z E C H
R E P U B L I C → 2 0 0 7

RE: **Newsletter 3**
To: Selected Athletes, Parents and Support Crew
From: Geoff Jones , Team Manager
Date: Thursday, 28th June 2007



Tour News

Well, it's getting close, only a couple of weeks until we leave. All the organisation is completed and we are ready to go.

Uniforms

Well the final pieces of the uniform (Track Suits and Polo Shirts) have arrived, these are currently being embroidered. I hope these will be completed by the end of the week and I will be able to pickup. All the uniform items will be distributed to team members over the following week. The uniform includes:-

- One Australian Canoeing Tracksuit
- Two Australian Canoeing Polo Shirts
- Two Rash Shirts
- Two Tee Shirts
- One Cap.

Competitions

The numerical entry forms have been completed and sent off for the Pre-Worlds. The final entry form will be forwarded this week. The entries for the competition in Ceske B will be forwarded this week as well.

Team Dress code for Leaving Australia

Each Team member will be expected to wear the team Tracksuit and Polo shirt on the flight out of Australia. Can I suggest that you also put a pair of the shorts in your cabin luggage if you want to change on the flight or in Dubai.

Code of Ethics Athletes Code of Behaviour

The following extracts are from the Aust Canoeing Selection handbook. Please read and consider. I am confident we are all going with these in mind.

As a participant in any activity held by or under the auspices of *Australian Canoeing*, an Athlete must meet the following requirements in regard to their conduct during any such activity or event.

1. Respect the rights, dignity and worth of fellow canoeists, coaches, officials and spectators.
2. Refrain from conduct, which could be regarded as sexual or other harassment towards fellow canoeists and coaches.
3. Respect the talent, potential and development of fellow squad members and competitors.
4. Care and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
6. Conduct yourself in a professional manner relating to language, temper and punctuality.
7. Maintain high personal behaviour standards at all times.
8. Abide by the rules and respect the decision of the adjudicator, making all appeals through the formal process and respecting the final decision.
9. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team/crew.
10. Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

Junior Team Website

Do not forget to check-out the Junior Team Website. All newsletters and information is on the site. While we are away I will try to update the site, internet connections allowing.

Just a reminder, if you have any sponsors that have helped you get to Europe please let me know the details of the sponsor and a web link if they have a website. I will place them on the site.

The web address for our site is:- www.ozjuniorcanoeslalom.com/2007

Also, if you would like to view some of the previous tours for the Junior Team and Junior Development Teams go to the following site www.ozjuniorcanoeslalom.com

Send the link to your friends, family and anyone who is interested.

Tour Schedule

The itinerary has not changed since the second Newsletter. We will be paddling some great WhiteWater courses and see some fantastic sites and its up to you to take advantage of the opportunities in front of you.

Date	Day	Event		City	Comment
12/07/2007	Thu	Fly	Frankfurt	GER	Travel
13/07/2007	Fri	Drive	Prague	CZE	Arrive at Frankfurt travel to Prague
14/07/2007	Sat	Train	Prague	CZE	Training
15/07/2007	Sun	Train	Prague	CZE	Training
16/07/2007	Mon	Train	Prague	CZE	Training
17/07/2007	Tue	Train	Prague	CZE	Training
18/07/2007	Wed	Drive	Augsburg	GER	Travel
19/07/2007	Thu	Train	Augsburg	GER	Training
20/07/2007	Fri	Train	Augsburg	GER	Training
21/07/2007	Sat	Train	Augsburg	GER	Training
22/07/2007	Sun	Train	Augsburg	GER	Training
23/07/2007	Mon	Drive	Roudnice	CZE	Travel
24/07/2007	Tue	Train	Roudnice	CZE	Training
25/07/2007	Wed	Train	Roudnice	CZE	Training
26/07/2007	Thu	Train	Roudnice	CZE	Training
27/07/2007	Fri	Jnr Pre World	Roudnice	CZE	Competition
28/07/2007	Sat	Jnr Pre World	Roudnice	CZE	Competition
29/07/2007	Sun	Jnr Pre World	Roudnice	CZE	Competition
30/07/2007	Mon	Drive	Leipzig	GER	Travel
31/07/2007	Tue	Training	Leipzig	GER	Training
1/08/2007	Wed	Training	Leipzig	GER	Training
2/08/2007	Thu	Drive	Ceske Budejovice	CZE	Travel
3/08/2007	Fri	Training	Ceske Budejovice	CZE	Training
4/08/2007	Sat	Compete	Ceske Budejovice	CZE	Competition
5/08/2007	Sun	Compete	Ceske Budejovice	CZE	Competition
6/08/2007	Mon	Drive	Augsburg	GER	Paddle
7/08/2007	Tue	Travel Fly	Frankfurt	GER	Fly to Dubai
8/08/2007	Wed	Fly	Dubai		Fly
9/08/2007	Thu	Fly	Australia	AUS	Arrive Home in AUS

Accommodation

The last of the accommodation has been finalised, so hopefully we will have somewhere to stay each night while we are away. The only problem might be finding some of the spots. Below is the accommodation status:-

- Prague: 13/7 – 17/7:** The Boathouse Hotel Troja, 5 Nights – On the course
Link: <http://troja.kanoe.cz>
- Augsburg: 18/7 to 22/7:** Hotel Maximilian, 5 Nights Situated 10 min from the course.
Link: <http://www.maximilian-hotel.com>
- Roudnice: 23/7 to 29/7:** Hotel Helena, Litomerice; 7 Nights :
<http://www.pragueholiday.cz/litomerice/hotel-helena.php>
- Leipzig: 30/7 to 1/8** Pension 1813: 3 Nights
<http://www.pension1813.de/start.htm>
- Ceske Budejovice
2/8 to 5/8/07** Tennis Center –Hluboka : 4 Nights:
www.tennis-center-hluboka.cz
- Monday: 6/7/2007** Hotel Maximilian, 1 Nights Situated 10 min from the course.
Link: <http://www.maximilian-hotel.com>

Travel Insurance

Below is an extract from the Travel Insurance policy that has been taken out for all members of the team.

Insured: Australian Canoeing Inc – Junior Canoe Slalom Team
Period of Insurance: 12th July 2007 to 9th August 2007

Benefits:	Per Person
• Death & Capital Benefits	\$ 250,000
• Death & Capital Benefits(under 18 years of age)	\$ 20,000
• Alternative Employee Expenses	\$ 10,000
• Political and Natural Disaster Evacuation Expenses	\$ 25,000
• Repatriation of Mortal Remains	\$ 10,000
• Extra Territorial Workers Comp(Common Law)	\$ 500,000
• Kidnap Ransom & Extortion	\$ 250,000
• Baggage / Personal Effects (Limit any one item \$2,500)	\$ 30,000
• Electronic Equipment	\$ 2,500
• Deprivation of Baggage	\$ 2,000
• Money / Travel Documents	\$ 2,500
• Loss of deposits and Cancellation	\$ 10,000
• Missed Transport Connection	\$ 5,000
• Overseas Medical Expenses	\$ Unlimited
• Personal Liability	\$ 5,000,000
• Rental Vehicle Collision Damage and Theft Excess Waiver	\$ 5,000
• Additional Curtailment Expenses	\$ 100,000
• Broken Bones benefit-maximum compensation	\$ 2,000
• Hijack & Detention (\$1000 a day)	\$ 30,000
• Aggregate Limit of Liability	\$ 5,000,000

Deductible/Excess: Electronic Equipment including Mobile Phones \$250 each and every loss
(and as defined by the wording)

Sporting Equipment \$250 each and every loss

Scope of Cover: Worldwide

Insured Persons: Managers, coaches, authorised members and their accompanying spouses and/or partners and dependent children, whilst engaged on authorised travel provided travel by rail, motor vehicle or passenger steamer outside a radius of 100 kilometres from point of departure to the intended destination, including associated holiday travel and overseas leisure travel.

Flights

Emirates Airlines have been great with accommodating the team offering a boat allowance for the trip.

We will be travelling on e-tickets so all details will be confirmed when checking in. I will be sending each person their individual Flight itinerary over the next week, you will need to check details; Name and dates etc.

Team members are required to be at the airport **THREE AND A HALF HOURS BEFORE DEPARTURE** to allow for organisation and processing of luggage.

Luggage Allowances:-

The **Luggage allowance** is **30kg comprised of 20kgs for luggage and 10kgs for Boat allowance** – I would suggest that Canoeing Gear be packed into your boat but do not overload it as they will be weighed.

Any team member that attracts an excess luggage payment will be required to meet this cost. The cost is \$65 per kilogram. The senior team flew a couple of weeks ago and Emirates were very strict with weight allowances. So weigh every thing and do not be over weight.

Don't forget to bring both a set of straps for your boat and a set of straps for your paddle/s as they will need to be strapped outside of the vehicle.

The people flying out of Melbourne will take their boats to the airport and check them in as part of the normal check-in.

For the people flying out of Sydney we will need to get all the boats and paddles to a cargo area around lunchtime on the day we depart. I will organise a trailer to leave PWS at 12 mid-day on the 12 July to take the boats to the airport. Families living in the city will be able to meet me at the cargo depot to drop off boats. I will forward more information regarding this over the coming week.

Carry on Luggage

Carry-on cabin luggage is additional to your 30kg allowance. The information below is from the Emirates website relating to carry on Luggage.

Economy Class -



1 BAG 22 X 15 X 8INS -55 X 38 X 20CMS
- weight not to exceed 7kgs -15lbs

Weight not to exceed 15lbs/7kgs.

Carry on Baggage Restrictions

- All liquids, aerosols and gels must be carried in containers of no greater than 100ml/3.3oz capacity (approximately 100gm in weight).
- All containers must fit comfortably in a transparent, resealable plastic bag.
- The plastic bag must be no greater than 1 litre in capacity with a total outer edge measurement of no larger than 80cm.
- There is a limit of one plastic bag per passenger.
- The plastic bag must be removed from carry on baggage and presented to security personnel at the checkpoint for inspection and separate x-ray screening.
- Containers larger than 100ml will not be accepted, even if only partially filled.



Membership to Skywards

Skywards is a club for frequent flyers with Emirates and SriLankan Airlines. Each time you fly, whether for business or pleasure, you accumulate Skywards Miles towards a variety of rewards such as free travel, upgrades and other benefits with Emirates, SriLankan.

If you want to find out more about Skywards and become a member then go to the website:- www.skywards.com.

If you join please send me your membership number before Wednesday 4th of July and I will forward it on to Emirates. You can also let them know you're a Skywards member when you check-in.

Daily News Rosters

I will be putting together a daily news roster. So, yes you will need to brush up on your story telling skills for your turn(s) to write the daily news to be posted on the teams website. We usually organise this in pairs.

Travel Advice

Money: I think it is a really wise idea for new travellers to travel with a few different forms of money. I do not advise travellers cheques as you loose on the exchange rate and sometimes you will need to search for banks that will cash travellers cheques.

The use on a normal KeyCard to access your saving accounts at teller machines is an easy way to go, just make sure that your card has the Maestro and Cirrus logos, if you are unsure please check with your bank. Also a credit card is a safe way to travel as if it goes missing you can cancel it straight away, a debit card is also good. You can get a debit card with a visa function attached. I use a mix of these. I try to avoid carrying too much cash around. Take it out when you need it should be fine.

Clothing: Take something for all occasions. Make sure you have a really good water proof jacket. Make sure you have comfortable clothing to travel in, don't forget it is summer in Europe.

Valuables: Avoid bringing any jewellery you don't really need. If you don't wear it every day at home don't bring it. It would be horrible to lose it. I strongly advise you bring a watch. One you can train in. For both training and for keeping time.

Ear plugs: STRONGLY ADVISE TO TAKE. You never know if the hotel next door the night before the race might have a big party. So to make sure you are used to wearing them, try some out when you go to bed at home before the trip. It is really weird the first time you use them, hence the importance of trying them out before hand.

Only drink bottled water and wash your teeth, fruit and vegies in bottled water unless you are told otherwise.

There will be a lot of down time so bring a good book. If not your way of relaxation, bring cards, magazines and music.

The flight is long, especially the second leg, from Dubai to Frankfurt. The air conditioning on the plane tends to dehydrate you so take a drink bottle (with a screw-top) so that you don't have to keep calling the hostess in the middle of the night. Take a few pieces of fruit for when you are transit. There are no fruit quarantine issues when you are leaving Australia (only on the way back!). Note: The drink bottle must be empty when you board the plan, you should be able to get a attendant to fill it once on board.

Sleeping / Jetlag

Sleep when you can on the plane. It is not worth keeping yourself awake for the whole flight' you can deal with jetlag once you arrive. The airlines only provide you with one small pillow (which seems to get smaller each flight) so it is worth taking a small travel pillow or a bulky jumper so you don't get a stiff neck or end up dribbling on the person beside you. It is a good idea to get up and stretch regularly, especially your hip flexors, which tighten up when you spend a lot of time sitting. The plane can get pretty cold during the night so make sure you have enough clothes.

Travel Wallet

It is worth having some kind of wallet for all your travel documents. It is a place to keep your passport, ticket, insurance, currency, boarding passes, a pen etc. Try to minimise the number or loose items floating around your bag. You don't need a money belt, you will only lose things if you leave them lying around. Put photocopies of your travel documents in your main luggage. Throw in some food supplies (as mentioned above) and your toiletries and anything else you might want on the plane: pyjamas, slippers etc. Your hand luggage cannot be very big so if you are bringing a bulky jumper to use as a pillow you are best to wear it around your waist.

Other Things to consider

Laundry

Please bring a small clothes line and pegs for your laundry needs (we will buy washing powder in Europe) as washing is expensive to have attended to in Europe if available. The best thing is to wash regularly in your basins in the room and hang things out to dry.

At some locations we may be able to organise Laundry, but don't count on it, the costs associated with this service will be the responsibility of individuals. I would allocate approximately 5 – 10 euro (\$8 - \$17) per wash.

Also be mindful of personal hygiene as it will be a long and unpleasant trip if stuck next to someone who doesn't notice their own aroma.

Mobile Phones

Also: Check that you have international roaming activated on your mobile phone.

Phone charges will be expensive.

Electronic Equipment

If you are taking electronic equipment that requires charging from a power source don't forget to buy a European to OZ converter. Most travel shop will have these.

Clothing

Buy a Laundry Marker and put your name or initials on your items of clothing. Makes determining ownership of uniform items really easy when you are searching for your jacket in a pile of 5 jackets all the same.

Things to do

- Grab a “Lonely Planet” guide from the local library and look up some of the places countries and cities we are travelling to, Prague, Roudnice, Limotrice, Ceske Budejovice – Czech Republic; Frankfurt, Augsburg and Leipzig – Germany.
- The ASDA (Australian Sport Drug Agency) Substance list that I supplied with the last newsletter is on our website. – check on medication etc

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If you have any doubts about any of the medications you are on, contact the ASDA Hotline **1800 020 506** or Australian Canoeing.

The ASDA website: - <http://www.asda.org.au/> has a vast amount of information for athletes. Check out the Athlete resources page before you go overseas.

Athlete Resources page:- <http://www.asda.org.au/athletes/online.htm>

- Bronwen Greenaway is a nutritionalist that consults to AIS. She has specifically put a nutrition travel guide together for the junior team. It is really a good read, a lot of great tips. She has put in a section regarding travelling. I suggest you read through the guide before you leave. Bring it along with you for reference on tour. I sent the guide with the last newsletter and it is also on the website under Newsletters.
- See checklist below. Personal Checklist

To Do – Details	Done
Read the Travel Nutrition guide put together by Bronwen Greenaway	
Read the checklist of things to take and organise them.	
Review the drugs in sport handbook supplied with the Newsletter. Check out the ASDA Website for more information.. If you have any doubts about any of the medications you are on contact Australian Canoeing or the ASDA Hotline.	
Obtain scripts if appropriate for medications you take	
Buy some small Aussie “bits & Pieces” to take and give as small gifts/thankyous	

Flight Details

Departing Australia- Thursday 12th July 2007

Victorian Team members

Thursday 12th July; Flight EK 407 Departs Melbourne 21:30 and arrives Dubai 5:40am.

NSW Team Members

Thursday 12th July; Flight EK 413 Departs Sydney 21:10 and arrives Dubai 5:45am

All Team Members

Friday 13th July Flight EK 45: Departs Dubai 8:25 Arrives Frankfurt 13:15

Returning to Australia – Depart Frankfurt on 7th August 2007

Team Members – Except Jonathon Davis

Tuesday 7th August; Flight EK 48: DEP Frankfurt 22:20; Arrives Dubai 06:40 8th

Victorian Team members

Wednesday 8th August; Flight EK 406: Departs Dubai 10:10am

Arrives Melbourne 5:30am on 9th August

NSW Team Members

Wednesday 8th August; Flight EK 412: Departs Dubai 10:15am

Arrives Sydney 6:05am on 9th August

Jonathan Davis – Return Flight

28^h Sept; Flight EK 48: DEP Frankfurt Frankfurt 22:20; Arrives Dubai 06:40 29th

29th Sept; Flight EK 412: Departs Dubai 10:15am

Arrives Sydney 6:05am on 30th Sept

Regards

Geoff Jones

2007 Team Manager