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# T O U R   N E W S

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Tour News:     **Newsletter 2**

To:            Selected Athletes, Parents and Support Crew

From:         Geoff Jones , Team Manager

Date:         Sunday, 8 June 2008

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## *Tour News*

Welcome to the second Newsletter for the Junior Tour. Well the preparations are well underway and I have finalised the itinerary for the tour except for the accommodation for the last night on tour.

The Management Team has been finalised for the tour; Manager: Geoff Jones, Head Coach: Zlatan Ibrahimbegovic and Coach: Victoria Milne.

## *Tour Cost*

Good news on the grants front with the AIS High Performance Grant for the tour locked in. The tour cost has been locked in at \$5900, so no scary increases before we leave.

There is one remaining instalment for the tour, which is the final payment of \$2,000 is and is due on Friday 20<sup>th</sup> June 2008

### *Junior Team for the Worlds Tour*

Below are the basic contact details for each athlete.

<b>Name</b>	<b>State</b>	<b>Class</b>	<b>Phone</b>	<b>Email</b>
Ben Horlyck	NSW	K1		
Joshua Kippin	WA	K1		
Joey Croft	NSW	K1		
Natasha Jones	NSW	K1W		
Antra Svarcs	VIC	K1W		
Ashleigh Logan	NSW	K1W		
Ethan Hodson	NSW	C1		

### *Support Team*

The support team has been finalised with two coaches being selected to tour with the team. Contact details for the support team are:-

Geoff Jones	Team Manager	Hme:02 4751 3150 Mbl:0407 700 953	<a href="mailto:Gjones1@tpg.com.au">Gjones1@tpg.com.au</a>
Zlatan Ibrahimbegovic	Head Coach		<a href="mailto:zlatanibrahimbe@hotmail.com">zlatanibrahimbe@hotmail.com</a>
Victoria Milne	Coach		

## Tour Schedule

The tour schedule has been finalised. The only accommodation not finalised is the last night in Augsburg before our return to Frankfurt to fly out to Australia. The tour schedule is outlined below:-

Date	Day	Event		City	Comment
4/07/2008	Fri	Fly		AUS	Depart Australia -Stopover Singapore
5/07/2008	Sat	Drive	Frankfurt	GER	Arrive Frankfurt and Travel to Augsburg
6/07/2008	Sun	Train	Augsburg	GER	Watch the Finals of the World Cup
7/07/2008	Mon	Train	Augsburg	CZE	Training
8/07/2008	Tue	Train	Augsburg	CZE	Training
9/07/2008	Wed	Train	Augsburg	CZE	Training
10/07/2008	Thu	Train	Augsburg	GER	Training
11/07/2008	Fri	Drive	Oetz	AUT	Travel
12/07/2008	Sat	Train	Oetz	AUT	Training
13/07/2008	Sun	Train	Oetz	AUT	Training
14/07/2008	Mon	Train	Lofer	AUT	Day trip – Training
15/07/2008	Tue	Train	Oetz	AUT	Training
16/07/2008	Wed	Travel	Prague/Roudnice	CZE	Travel - Train Afternoon
17/07/2008	Thu	Train	Prague/Roudnice	CZE	Training
18/07/2008	Fri	Train	Prague/Roudnice	CZE	Training
19/07/2008	Sat	Train	Prague/Roudnice	CZE	Training
20/07/2008	Sun	Train	Prague/Roudnice	CZE	Training
21/07/2008	Mon	Train	Prague/Roudnice	CZE	Training
22/07/2008	Tue	Train	Prague/Roudnice	CZE	Training
23/07/2008	Wed	Train	Prague/Roudnice	CZE	Training
24/07/2008	Thu	Train	Prague/Roudnice	CZE	Training
25/07/2008	Fri	Jnr World	Prague/Roudnice	CZE	Competition
26/07/2008	Sat	Jnr World	Prague/Roudnice	CZE	Competition
27/07/2008	Sun	Jnr World	Prague/Roudnice	CZE	Competition
28/07/2008	Mon	Sight Seeing	Prague/Roudnice	CZE	Sight Seeing / Paddle
29/07/2008	Tue	Drive	Augsburg	GER	Sight Seeing / Paddle
30/07/2008	Wed	Drive	Frankfurt	GER	Fly Home to Aus
31/07/2008	Thu	Fly	Frankfurt	GER	Fly Home to Aus
1/08/2008	Fri	Fly		AUS	Arrive Home in AUS

## *Accommodation*

**Augsburg: 5/7 to 10/7:** The Hotel Jakoberhof, 2 Nights in Augsburg

Link: <http://www.jakoberhof.de/>

Address: Jakoberstraße 37  
86152 Augsburg  
Tel:0049 821 510030  
Fax:0049 821 150844

BLZ, 4 nights in Augsburg. On course accommodation in the Athletes Village at the the Eiskanal, the 1972 Olympic Venue

Link: <http://www2.augsburg.de/index.php?id=6889>

Address: Am Eiskanal 30 a  
86161 Augsburg  
Phone 0821 / 324-9703

**Oetz: 11/7 to 15/7**

Nature Resort Oetz, 5 Nights on the Oetz River, 5 minutes from the Slalom Course.

Link: <http://www.nature-resort.at/resort/en>

Address: Piburgerstr. 6,  
6433 Oetz.  
Phone +43(0)5252 20248

**Roudnice 16/7 to 28/7**

**Prague:**

The Boathouse Hotel Troja, 13 Nights – On the Troja course in Prague. Roudnice is a 25 minute drive north of Prague

Link <http://troja.kanoe.cz>

Vodacka 789/8  
Prague – 7 Troja, 17000  
Phone: 004202 / 83850477

**Augsburg: 29/7/2008**

1 Night, accommodation to be confirmed, either BLZ or Jakoberhof Hotel.

## *Junior Team Website*

The website for the junior team will be running again this year. The website has been loaded in the last couple of days. The majority of information for the tour will be found on the website; Athlete profiles, Athlete Sponsors, Newsletters etc.

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.

If you could take some time and have a look at the site and let me know if you need any information changed or updated relating to Athlete profiles or sponsors.

The site for this years tour is: [www.ozjuniorcanoeslalom.com/2008](http://www.ozjuniorcanoeslalom.com/2008)

All past tours can be found at [www.ozjuniorcanoeslalom.com](http://www.ozjuniorcanoeslalom.com)

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

## *Flights*

All international flights have been booked and confirmed. We are flying with Singapore Airlines.

The boats will be going as carry-on luggage and is accounted for in you weight allowance which is 32kg. Individuals that are over their allowance of 32KG will be responsible for any charges relating to excess baggage. The cost for excess is \$60 per kg over 32kg.

***More on this in the next newsletter***

## ***Departing Australia- Friday 4<sup>th</sup> July 2008***

### **Victorian Team members**

Friday 4<sup>th</sup> July; Flight SQ 228 Departs Melbourne (Tullamarine) 15:50 and arrives Singapore (Changi Int Airport) at 21:35. Aircraft 747-400

### **NSW Team Members**

Friday 4<sup>th</sup> July; Flight SQ 232 Departs Sydney (Kingsford) 11:30 am Singapore (Changi Int Airport) at 17:45. Aircraft 747-400

### **All Team Members**

Friday 4<sup>th</sup> July Flight SQ 26: Departs Singapore (Changi Int Airport) at 23:50 and arrives Germany - Frankfurt at 6:30am.

## ***Returning to Australia – Depart Frankfurt***

### **Victorian and Team members**

Tuesday 29<sup>th</sup> July; Flight SQ 325: Departs Frankfurt Airport 22:00

Arrives Wednesday 30<sup>th</sup> July Singapore Changi International Airport at 16:15

Depart Wednesday 30<sup>th</sup> July Singapore Changi International Airport at 21:00

Arrives Thursday 31<sup>st</sup> July Melbourne 6:10 am

### **NSW Team Members – Except Ethan Hodson**

Wednesday 30<sup>th</sup> July; Flight SQ 325: Departs Frankfurt Airport 22:00

Arrives 31<sup>th</sup> July Singapore Changi International Airport at 16:15

Depart 1<sup>st</sup> August Singapore Changi International Airport at 00:30 am

Arrives 1<sup>st</sup> August Sydney 9:55 am

### **Ethan Hodson – Return Flight**

Monday 22<sup>nd</sup> September; Flight SQ 325: Departs Frankfurt Airport 22:00

Arrive Tuesday 23<sup>rd</sup> September, Singapore Changi International Airport at 16:15

Depart Tuesday 23<sup>rd</sup> September Singapore Changi International Airport at 20:35

Arrives 24<sup>th</sup> September Sydney 05:55 am

### *Travel Insurance*

Travel insurance has been organized via Australian Canoeing for all team members. Full details of the travel insurance can be found at the following link:-

<http://www.canoe.org.au/default.asp?Page=13845&MenuID=Insurance/86/0/>

This year we have also paid for the inclusion of coverage for sports equipment, i.e boats.

A summary of the policy coverage can also be found on the junior website at the Newsletter page.

### *Uniforms*

The organisation of the uniform has been finalised, Tracksuit, two AC Polo Shirts, two tee shirts and two rash shirts. The team members who were in last years Junior Team will use their existing tracksuit, new team members will be issued a track suit.

I am hoping to issue all the uniform items next weekend at the Training Camp. I am still waiting for the arrival of the AC Polo Shirts and the Tee Shirts, hopefully they will arrive this week before the camp.

## *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 of 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.

***You should start to check/organise key cards and credit cards now, do not leave it to much longer as you may miss out.***

## *Things to do*

- List any Valuable items over \$500 that you will be taking overseas and send me a copy of the list. Make, Model, Serial Number, Age, and Replacement Value. I have attached an excel spreadsheet.  
This is also available on the website on the Newsletters page.
- Read the Nutrition information attached with this Newsletter.  
This is also available on the Newsletter page of the website.
- Grab a "Lonely Planet" guide from the local library and look up some of the places countries and cities that we are visiting.
- I have supplied a ASDA (Australian Sport Drug Agency) Substance list with the newsletter – check on medication etc This was copied from the ASDA Website, the list was last updated on the site on 1/1/08.  
This is also available on the website on the Newsletters page.

I have ordered a printed version for the Team while on Tour.

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.asada.gov.au/> has a vast amount of information for athletes. Check out the Athlete resources page before you go overseas.

Athlete Resources page:- <http://www.asada.gov.au/resources/athleteszone.htm>

*Personal Checklist*

To Do – Details	Done
Complete list of Valuable items over \$500 and send to me (email)	
Check the Athlete Profile on the website, any changes, send to me. (Email)	
Check Athlete Sponsors on the website, any changes, send to me. (Email)	
Read the Nutrition information supplied	
Organise – Keycards, Credit Card or Debit Cards for Overseas access.	
Review the drugs in sport handbook supplied with the Newsletter. Check of 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/thank you’s	

Regards

**Geoff Jones**  
2008 Team Manager