



MARCH BREAK TRAINING CAMP
Gulf Shores and Orange Beach, Alabama
March 08 – 17, 2019

Tentative Details

COST: \$875 - Deposit of \$275 - due Jan.27 - Balance in full by March 3, 2019

Departure: 6:00am Friday, March 08, 2019 from Etobicoke Centennial Stadium, main parking lot, 156 Centennial Park Rd, Toronto, ON M9C 5N3

Returning to the same location, Sunday March 17th.

Transportation: By Highway Coach

Accommodation: March 08th at the Ramada of Bowling Green, Kentucky 1-270-781-3000.
March 9th thru the 16th at the Summer House Condos, Orange Beach, Alabama
March 17th at the Ramada of Bowling Green, Kentucky.

We have five suites booked in Alabama. Each suite can accommodate 8- 10 people and contains 2 four piece bathrooms, TV and a complete kitchen including stove, refrigerator and dishwasher. Each unit also contains a washer and dryer. Besides an outdoor pool there is a heated indoor pool, hot tub, sauna-steam room, fitness rooms and a grilling area

Damage Deposit; A cheque in the amount of \$50.00 per athlete will be collected along with the trip payments. This amount will be returned within 30 days if the unit is left intact. Otherwise the appropriate amount will be deducted and the balance if any will be refunded. Damage deposit cheques should be separate from other payments, made out to Etobicoke Track Club and attached to the "parental permission letter".

Meals: *Meals will be the responsibility of each condo grouping.* Supermarkets and other stores are close at hand and there will be group excursions for grocery shopping. There is a common fully stocked (cutlery, plates, cups, utensils pots and pans) kitchen and dining area in each suite.

Clean Up: *All athletes must clean up after their use in the kitchen as well as keeping their rooms neat and clean.* Training camp chaperones will monitor rooms on a daily basis and will enforce the rules. There is no daily linen or towel exchange however; each unit has a washer and dryer for the athletes use. It is expected each athlete will do at least one washing, at least, mid-week.



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- Deposit/Cost:** The complete trip cost of \$875 is to be covered not later than March 3, 2019
A Deposit of \$275 (or full cost) must be made by January 27, 2018
- Required ID:** *A valid Passport is required for entry into the USA. If you are under the age of 16 please bring a copy of your birth certificate.*
- Permission Letter:** A letter of permission from parents and/or legal guardians of all Athletes is a must. A sample letter is attached for your use. The athlete's Insurance Policy should be annotated on this document which must be handed in as you board the bus on March 08th. Also, any athletes who are not Canadian will require their Passport of Citizenship and a permanent resident card and a US Entry Visa (where applicable).
- Medical Insurance:** Athletes must have suitable coverage for out of country risks. All Insurance Companies and Policy Numbers must be provided prior to Departure. C.A.A. or any of the big banks provide this type of coverage.
- Cash:** Is to be obtained in U.S. dollars. Most stores etc. accept the major credit cards and cash may be drawn against your credit card or debit card at local banks. Please note and we can't stress this enough, they will not change Canadian Currency and neither will the coaches or chaperones. Check with your bank to ensure that your debit card will work while is the U.S.
- Group Activities:** Will be organized to meet the recreational desires of the majority following discussions with the athletes. Final decisions will be binding on all athletes
- Free Time:** May be spent by athletes on the "approved free time" recreation of their choice provided it does not contravene camp rules and is carried out in groups of 3 or more persons. Athletes must, at all times, advise the supervisors of their whereabouts, and no athlete may, at any time, leave the group unaccompanied or without permission.



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Training Camp Rules:

1. Athletes will conduct themselves in a responsible manner.
2. They will not disturb other athletes or guests of the resort and will adhere to all resort rules at all times.
3. They will not smoke; partake of drugs or alcoholic beverages.
4. Damage to property will be charged to the individual(s) or group responsible (deducted from damage deposit)
5. Athletes will be available to commence practices and other designated activities at the scheduled times. There is no excuse for "lateness". "It simply means you didn't start early enough".
6. Athletes will comply with curfews which are set.
7. Swimming and certain activities will not be carried out without supervision. (The ocean is out of bounds at night)
8. No athlete goes anywhere "alone" always in a group.

Breach of rules will result in disciplinary action

- ❖ **Check list:**
1. Passport and another piece of I.D. such as a birth certificate.
 2. Parental permission letter.
 3. Medical Insurance Co. and Policy # Copy of Insurance.
 4. U.S. funds - cash, credit card, ATM card.
 5. Training gear, club windsuit, uniforms, swimwear.
 6. Personal medications, asthma inhalers, etc.
 7. Beach towels, pillow, blanket.
 8. Well packed case (only one plus gym bag) - remember you have a washer and dryer in your unit and are expected to do at least one washing.
 9. A returnable Damage deposit cheque of \$50 attached to parental permission letter.
 10. Cameras, cell, lap tops, mp3's, batteries, chargers etc.
- ❖ There is a very good continental breakfast provided at both hotel stops on the way south and return.
- ❖ How much spending money should I send with my child? The following minimum guideline should get them through the week.
\$75.00 x 2 for meals while travelling to, and from, Gulf Shores. \$100.00 for meals and snacks while in Gulf Shores. \$50.00 for other incidentals, souvenirs and the like. A minimum of \$300.00 is recommended.
- ❖ If required, a system for the safe keeping of cash or other valuables will be set up by the supervisors.



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Training Sessions and other Scheduled Activities

Saturday 10 th	4: 00~6:00 pm arrival at Gulf Shores	Group meeting followed by grocery shopping and orientation. Light evening workout
Sunday 11 th	8:30 am 9:30 am - 12:00 am 12:00 noon - 4:00 pm 4:00 - 6:00 pm 6:30 - 7:30 pm 7:30 – curfew	Wake up Event group workouts Lunch and free time Event group workouts Supper time Free time
Monday 12 th	8:00am 9:00am 9:30 - 12:00 pm 12:30 - 3:30 pm 3:30pm 4:00 - 6:00 pm 6:30 - 7:30 pm 7:30 – curfew	Wake up Leave for track & field facility Workout Lunch and free time Leave for track & field facility Workout Supper time Free time
Tuesday 13 th	Same as Monday	
Wednesday 14 th	Morning schedule same as Monday Group activities such as shopping, site seeing or relaxing Group dinner out	
Thursday 15 th	Same as Monday Late afternoon/early evening.	on the beach for the annual sand castle theme competition or talent competition
Friday 16 th	Same as Monday Clean condos and pack for trip home	
Saturday 17 th	Departure for home.	Overnight in Brooks, Kentucky
Sunday 18 th	Travel day, arrive home between 9:00 pm & Midnight. Athletes will call home 1 hr before arrival	



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To Whom It May Concern:

I hereby give permission for my son/daughter to travel to Gulf Shores, Alabama, USA, with the Etobicoke Track and Field Club from March 08, 2019 to March 17, 2019 under the supervision of the following

1. Trevor DaSilva 2. Julius Palladino 3. Keesha Danso-Dapaah 4. Terry Clarke	5. Sandra Walker 6. Beatrce Baraya 7. Mohamed Mohamed 8. Chris Forrest	
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Athlete: _____ Age: ____

Signed: _____
 (Parent/Guardian)

Address: _____

City _____ Province: _____

Phone No: (Home): _____ (Cell): _____ Bus: _____

Medical Insurance Company: _____

Policy Number: _____ Emergency Phone: _____

Copy of Policy (if applicable) included Yes or No

PLEASE PROVIDE ETFC SUPERVISORS WITH THIS PERMISSION LETTER

-one week before departure - No one will be allowed on the bus without it.

PLEASE ATTACH CHEQUE.

Cheque # _____ \$ _____ Date _____ Payable to: Etobicoke Track and Field Club