Dear Parent/Guardian and diocesan representatives,

Your son/daughter is to be congratulated on gaining selection in the Lismore Diocesan Secondary Athletics Team to participate in the Combined Catholic Colleges’ (CCC) Interdiocesan Athletics Championships at Sydney Olympic Park Athletic Centre, Homebush Bay on Friday, 16th September 2011. This Carnival will bring together all the Catholic Dioceses in NSW.

The event following CCC will be the NSW All Schools Track and Field Championships also to be held at Homebush from Thursday, 13th October to Sunday 16th October.

It should be pointed out that it is possible for athletes to bypass the CCC competition and directly enter the NSW All Schools Championships on a special entry form (available online) – closing date is Tuesday, 27th September. For more details and an entry form go to the Athletics NSW website (www.nswathletics.org.au) or phone 02 9746 1122.

We encourage your son/daughter to represent the Diocese of Lismore at the NSW CCC Carnival and advise that those who bypass this Carnival are ineligible for consideration for the prestigious NSW CCC Blues Award in Athletics.

### Diocesan Team Managers

<table>
<thead>
<tr>
<th>NAME</th>
<th>SCHOOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andrew Bartlett</td>
<td>St Mary’s Catholic College Casino</td>
</tr>
<tr>
<td>Cassie Brooke</td>
<td>Mt St Patrick Murwillumbah</td>
</tr>
<tr>
<td>Leroy Conroy</td>
<td>John Paul College Coffs Harbour</td>
</tr>
<tr>
<td>Kathy Robson</td>
<td>John Paul College Coffs Harbour</td>
</tr>
<tr>
<td>Jenny Watson</td>
<td>MacKillop Senior College</td>
</tr>
</tbody>
</table>

### CCC Athletics Championships Venue


### Event times for Friday, 16th September

Please refer to the attached event timetable (subject to change). Team arrival is at 7.30am and first events are at 8.30am. Approximate finish time is 5.00pm.

### Travel

Again the Diocese offers a travel/accommodation package of which you are encouraged to take advantage.

- The team will travel by Imperial Pacific Coaches to Sydney starting very early Thursday morning, 15th September and will return Friday 16th September after the carnival is concluded.
- There will be two (2) drivers for the total trip.
- **Important:** All coach travellers must wear seat belts on the coach at all times that it is in motion.
• Please indicate on the attached form the stop you wish for your son/daughter to board the bus. He/she will be set down at the same point on the way back unless you give written notice otherwise to Robert Ellison.

• Please note: It may be necessary to alter this timetable after receiving all forms. If this is the case, you will be notified as soon as possible. It is unlikely that there will be room for parents to travel on this bus.

Below is a timetable outlining the approximate departure (please be there before your time for loading) and return times for the trip including pickup points.

<table>
<thead>
<tr>
<th>Location</th>
<th>Depart Thurs, 15th Sept</th>
<th>Return Fri, 16th/Sat 17th Sept</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Josephs College, Banora Point</td>
<td>1.40am Thurs</td>
<td>6.00am Sat</td>
</tr>
<tr>
<td>Murwillumbah Railway Station</td>
<td>2.10am Thurs</td>
<td>5.30am Sat</td>
</tr>
<tr>
<td>St Helena Truckstop (Hwy via Bangalow)</td>
<td>3.00am Thurs</td>
<td>4.45am Sat</td>
</tr>
<tr>
<td>A-Mart, Pacific Hwy, Ballina</td>
<td>3.30am Thurs</td>
<td>4.15am Sat</td>
</tr>
<tr>
<td>Coach Stop, Main Street, Alstonville</td>
<td>3.45am Thurs</td>
<td>4.00am Sat</td>
</tr>
<tr>
<td>Trinity College, Lismore</td>
<td>4.05am Thurs</td>
<td>3.45am Sat</td>
</tr>
<tr>
<td>St Marys, Casino</td>
<td>4.40am Thurs</td>
<td>3.20am Sat</td>
</tr>
<tr>
<td>Bus Interchange, Hwy South Grafton</td>
<td>5.50am – 6.05am (15 min stop)</td>
<td>2.00am – 2.10am Sat</td>
</tr>
<tr>
<td>Mobil Station, Woolgoolga</td>
<td>6.50am Thurs</td>
<td>1.15am Sat</td>
</tr>
<tr>
<td>BP/McDonalds, South Coffs Harbour</td>
<td>7.20 – 8.00am Thurs (B’fast)</td>
<td>12.55am Sat</td>
</tr>
<tr>
<td>Coach Stop, Urunga</td>
<td>8.20am Thurs</td>
<td>12.40am Sat</td>
</tr>
<tr>
<td>Coach Stop, Macksville</td>
<td>9.45am Thurs</td>
<td>12.10am Sat</td>
</tr>
<tr>
<td>Shell, Kempsey</td>
<td>9.25am Thurs</td>
<td>11.35pm Fri</td>
</tr>
<tr>
<td>Big Donut Port Macquarie</td>
<td>10.05 – 10.25am Thurs (Stop)</td>
<td>11.00pm Fri</td>
</tr>
<tr>
<td>Raymond Terrace or Wyong (on freeway)</td>
<td>Approx .1.00 - 1.45pm</td>
<td>7.00.pm – or earlier (dinner)</td>
</tr>
<tr>
<td>Sydney Olympic Park Lodge</td>
<td>3.45pm Thurs</td>
<td>5.30pm from Homebush</td>
</tr>
</tbody>
</table>

Private Transport

Competitors who travel privately must report to managers upon arrival at the stadium. We are very much a team and require all team members to be seated with the team during the Carnival (team members are not to loiter behind the stands etc) –. These competitors will be allowed to leave the Carnival, with the permission of their managers, after they have completed their events. However, parents must actually come and inform managers that they are leaving with their son/daughter, and return the competitor singlet.

Accommodation

Those taking up the travel/accommodation package will be accommodated at:

Sydney Olympic Park Lodge  
Newington Armory, 1 Jamieson Street  
Silverwater NSW 2141  
Phone: (02) 9714 7345

The Lodge will supply:

• linen, blankets, pillow and a bath towel.

However, those travelling by coach should bring

• Swim wear
• Towel for pool (Homebush)
• A pillow for the bus journey (recommended)
Day/Meal | Thursday Breakfast | Thursday Morning Tea | Thursday Fresh fruit on the Bus | Thursday Lunch | Thursday Dinner | Friday Breakfast | Friday Fresh fruit during carnival | Friday Lunch (canteen @ venue) | Friday Dinner
--- | --- | --- | --- | --- | --- | --- | --- | --- | ---
Travel/Accommodation Package | $ | $ | ☑️ | $ | ☑️ | $ | ☑️ | $ | $ |

☑️ Those travelling on the bus with the team will be supplied with an evening meal on Thursday and continental breakfast Friday morning. This year for dinner Thursday night, the team will travel on the coach to Lidcombe Catholic Club (Waterview Restaurant).

$ Children will need to bring money for their lunch (and morning tea) on the trip down and for lunch and the evening meal on the Friday. They will be able to purchase lunch from the canteen on the day of the Carnival.

☑️ Fruit will be supplied by the Diocese – on the bus and at the Carnival. All team members are encouraged to partake if they wish.

Specific Contact Details
- **Postponement possibility:**
  The Diocesan Sport Website [http://sport.lism.catholic.edu.au](http://sport.lism.catholic.edu.au) has an ‘announcements’ section on the home page which lists cancellations/postponements
  The Diocesan Sport Infoline 1902 262 019 (preferably from a landline)
  Key in code 1141, then # (hash key), press 1 for ‘cancellations’.
- **Consent forms/payment and uniforms:**
  Julie Ellis at the Catholic Education Office on 02 6622 0422.
- **Emergency Contact during the trip:**
  Coach drivers’ and some managers’ mobile contact numbers, for emergency contact purposes, will be included in the information update you will receive before the event.
- **All other inquiries/information** (except those regarding consent form/payment or uniforms):
  Before, during or after the trip Robert Ellison 0418 643 476.

Expectations/Code of Conduct – very important
It is a great honour to represent the Diocese so it is hoped that all representatives will be excellent ambassadors for their school and home, and the Diocese as a whole. It is expected therefore, that on and off track/field behaviour by all team members will be exemplary. This includes manners, cooperation, respect, good sportsmanship, correct dress, following all instructions and general behaviour on the bus, at Sydney Olympic Park Lodge, Sydney Aquatic Centre and at the Stadium. Thank you for your support in this regard.

***Please note that misconduct on this trip could lead to disciplinary action during the trip (e.g. missing some or all events) and on return to school. The offending student could also be excluded from future Diocesan and other representation.

***Please ensure both student and parent/s have read and signed on the consent form to indicate their agreement with, and total support of, the Diocesan Representatives’ Code of Conduct.

Parent/Guardian Code of Conduct
Please also sign on the consent form to indicate that you have read and will comply with the attached Parent Code of Conduct. This is an essential requirement of your child’s participation in this event. It is also essential for parents who travel to Sydney to be aware that the representatives remain under the management of team managers at all times.

Information Updates
I will be sending an information update about one week before this event. This information will be emailed directly to those families who supply me with an email address on the consent form.

On Arrival in Sydney
After reaching the accommodation venue and unpacking, team members will then freshen up with a swim and a slide (heated pool) at Sydney Olympic Park Aquatic Centre (nearby) before preparing for the evening meal. The cost of pool entry is already covered in the travel/accommodation package.
Regarding the pool swim: On the consent form, please provide any information you believe is necessary for managers to have in relation to this activity e.g. ensure you have ticked the Yes for consent for this activity and that you have rated your son/daughter’s swimming ability. Please feel free to attach any other information that managers should be given.

Uniform
- A competitor’s singlet will be provided by the Diocese (to be returned after final event).
- All team members must wear black shorts.
- Running footwear for all events is compulsory.
- Spikes may be worn in sprint events. Length of spikes for those events must not exceed 7mm. Spikes may also be worn in field events but must not exceed 9mm in length.
- The long-sleeved, crew neck Diocesan event shirt is compulsory uniform for wearing to and at the stadium. If your son/daughter already has the appropriate shirt (long-sleeved, crew neck) from previous Diocesan representation, purchase of another shirt is not necessary. If a shirt is needed, please indicate size required on the attached consent form – and please err on the side of ordering a larger one. The new shirt will be given to your son/daughter by a team manager on arrival.
- It is not expected that school or any particular uniform be worn on the bus.
- As usual, water bottles, caps/hats and sunscreen are essential. All clothing and other items should be marked clearly with student’s name.

Notes on the Timetable of Events
- From the CCC Convener: NO EVENT HAS PRECEDENCE OVER ANOTHER. Competitors must not be absent for an entire round in a field event or they forfeit their attempt in that round. However, advising the chief official (NSW Official) that a competitor needs to go to another event gives the official the option of changing the order of competitors in the round (e.g. a competitor may appear to be first in one round and last in the next)
- From the managers: It is disappointing for all involved when a competitor misses an event – we will do our best to ensure that this does not happen. Please assist us in achieving this by checking the schedule of events and communicating with us and officials regarding any possible clashes.

Parking and Gate Entry.
- Parking is available at a cost of $8 - not including what is referred to as P2.
- Cost of entry is $5 per adult. Competitors, children and seniors are free.

Asthma:
Children who suffer from asthma should have their own puffer labelled with their name.

Withdrawal
If for some reason a competitor has to withdraw:
1. Complete the attached Withdrawal Form.
2. Return it to your school sports coordinator no later than Tuesday, 23rd August (to ensure a replacement for your son/daughter can be arranged - this is extremely important.)

Failure to notify us of the withdrawal of your son/daughter may jeopardise future sporting representation for the Diocese of Lismore.

Important Start Rule Change
The IAAF NO false start rule will apply at the NSW CCC Carnival to all competitors except those 14 Years and under. In other words, competitors who are 15 and above (and any younger competitor competing in combined age groups inclusive of 15s and above) will NOT have the benefit of a 2nd attempt should he or she false start.

Important: New IAAF Female Throwing Implement Weight Changes to be enforced at NSW CCC Athletics
- Shot Put – Under 18: 4kg to 3kg
- Shot Put - Under 16: 4kg to 3kg
- Javelin Throw – Under 18: 600gm to 500gm
- Under 16: 600gm to 500gm
Cost and Payment

Cost for the accommodation/travel package is $190 (including Diocesan event shirt) $165 (excluding Diocesan event shirt). This includes coach travel, accommodation, evening meal Thursday, continental breakfast Friday, singlet hire, Diocesan and trial levies and compulsory event shirt (a deduction of $25 applies if you already have the Diocesan long sleeve event shirt).

Students travelling privately must pay a levy of $70, (including Diocesan event shirt) $45 (excluding Diocesan event shirt) which includes Diocesan and trial levies, singlet hire and compulsory event shirt (with $25 deduction if no shirt needed).

Payment Options

Money Order/Cheques: Please make money orders/cheques payable to ‘Catholic Education Office’.
Cash: Cash can only be accepted if paid in person at the Catholic Education Office where a receipt will be issued.
Internet Deposit: To correctly match internet deposits to your son/daughter, you must include a specific reference code - see the payment section of the Travel/Consent/Medical/Payment form for details. If you have any questions, please call Julie Ellis on 02 6622 0422.

Consent Forms

- Please complete and return the attached Travel/Consent/Medical/Payment form with cheque/money order (if not utilising direct deposit facility) (no cash in the mail) directly (NOT TO SCHOOL) to Robert Ellison, Lismore Diocesan Sport and Health Coordinator, in Lismore (address on form) preferably before but no later than Wednesday, 31st August.

Please note: Team and individual photos could possibly be taken on the day. Some may be displayed on the Diocese of Lismore Sports Website. In accordance with the Privacy Act, please indicate in writing if you wish for your son/daughter’s name and/or photo NOT to appear on this website (http://sport.lism.catholic.edu.au).

The Catholic Education Office has proactively taken out a ‘SchoolCare’ Student Accident policy with Catholic Church Insurances covering students within the Lismore Diocese. As Catholic Church Insurances is not a registered health fund, the policy cannot cover Medicare claimable fees or expenses and it is subject to specific terms and conditions. Whilst there is a table of (limited) benefits, and a provision to pay Non Medicare related medical fees and allowances, we would recommend that you consider insuring your son/daughter under your own personal health insurance fund.

Once again, I extend congratulations and best wishes to each Diocesan team representative. The managers and I look forward to meeting them and any family members who travel to Sydney.

Sincerely,

Robert Ellison
Diocesan Sport & Health Coordinator