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**T O U R   N E W S**

AUSTRALIA JUNIOR CANOE/KAYAKING SLALOM  
TEAM

RE:       **Newsletter 3**  
To:       Selected Athletes, Parents and Support Crew  
From:     Geoff Jones , Team Manager  
Date:     Friday , 10 June 2005



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***Tour News***

Well, it's getting close, only 6 days until we leave. All the organisation is completed and we are ready to go.

***Uniforms***

Well the final pieces of the uniform (tracksuit and Polo shirt) have arrived. All the remaining uniform items will be distributed to all members of the team before we leave.

I would like to take this opportunity on behalf of the team, all other parents and myself to thank Vicki Feben for her help and support in getting the teams uniform organised. Without her assistance, running around and chasing things down we would not have a uniform. Once again, thanks Vicki your support is has been fantastic.

***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 KL.

***Code of Ethics Athletes Code of Behaviour***

– this is 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.

### **Tour Schedule**

The itinerary has not changed since the second Newsletter; I think you will agree it is going to be a great trip. We will be paddling some great WhiteWater courses and see some fantastic sites, I cannot wait.

16/06/2005	Thu	Fly	Zurich	ZWI	Travel
17/06/2005	Fri	Drive	Augsburg	GER	Arrive at Zurich drive to Augsburg
18/06/2005	Sat	Train	Augsburg	GER	Training
19/06/2005	Sun	Train	Augsburg	GER	Training
20/06/2005	Mon	Train	Augsburg	AUS	Travelling
21/06/2005	Tue	Drive	Otez	AUS	Drive to Otez - River Paddle
22/06/2005	Wed	Train	Otez	AUS	Training
23/06/2005	Thu	Train	Otez	AUS	Recreational Paddle
24/06/2005	Fri	Drive	Bratislava	SLK	Drive to Bratislava
25/06/2005	Sat	Train	Bratislava	SLK	Training
26/06/2005	Sun	Train	Bratislava	SVK	Training
27/06/2005	Mon	Drive	Prage	CZE	Visit Vajda Factory - Drive to Prague
28/06/2005	Tue	Train	Prague	CZE	Training
29/06/2005	Wed	Train	Prague	CZE	Training
30/06/2005	Thu	Drive/Train	Ceske Budejovice	CZE	Travel/ Training on the Course
1/07/2005	Fri	Train	Ceske Budejovice	CZE	Training
2/07/2005	Sat	Compete	Ceske Budejovice	CZE	Competition
3/07/2005	Sun	Compete	Ceske Budejovice	CZE	Competition
4/07/2005	Mon	Drive	Solkan	SLO	Travel to Solkan Training Afternoon
5/07/2005	Tue	Train	Solkan	SLO	Training River Trip in the Soca Valley
6/07/2005	Wed	Train	Solkan	SLO	Training Afternoon
7/07/2005	Thu	Train	Solkan	SLO	Training
8/07/2005	Fri	Training	Solkan	SLO	Training
9/07/2005	Sat	Jnr Pre World	Solkan	SLO	Competition
10/07/2005	Sun	Jnr Pre World	Solkan	SLO	Competition
11/07/2005	Mon	Drive	Ljubljana	SLO	Drive to Ljubljana, Afternoon at Tarcen
12/07/2005	Tue	Drive	Zurich	SWI	Drive to Zurich
13/07/2005	Wed	Drive	Zurich	SWI	Fly Home to Aus
14/07/2005	Thu				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:-

- Augsburg: 17/6 to 19/ 6: Accommodation at the BLZ near the course.  
<http://www.kanustrecken.de/Strecken/Augsburg/augsburg.html>
- Augsburg 20/6 Address: Haus st. Benedikt, Stephanplatz 6, Augsburg
- Otez: 21/6 to 23/6: Nature Resort: <http://www.nature-resort.at/>
- Bratislava: 24/6 to 26/6: Hotel Kormoran, 4 stars hotel : <http://www.hotelkormoran.sk>,  
Situated 30 min. from Cunovo (Course).  
Cunov : - <http://c1.playak.com/article.php?sid=221>
- Prague: 27/6 to 29/6: The Boat Shed at the Course: Troja <http://troja.kanoe.cz>
- Ceske Budejovice:  
30/6 – 3/7: Hotel Tennis, Hluboka ulice, Ceske Budejovice  
[www.tennis.center.hluboka.cz](http://www.tennis.center.hluboka.cz) [www.slalom.cz](http://www.slalom.cz)
- Solkan: 4/7 to 10/7 Accommodation booked. Near Slalom course at Solkan. Solkan  
Is the oldest part of Nova Gorica to the north.  
[http://www.nova-gorica.com/karta\\_mesta/index.html](http://www.nova-gorica.com/karta_mesta/index.html)
- Ljubljana: 11/7 Address: Hotel Bit-center, Litjiska 57, Ljubljana  
[www.bit-center.net](http://www.bit-center.net)
- Zurich: 12/7 Formule 1 Zurich Messe Airport  
Heidi – Abel – Weg 7  
8050 Zurich Seebach  
Switzerland

## **Junior Team Website**

Do not forget to check the Junior Tem Website. All newsletters and information is on the site. While we are away we 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. We will place them on the site.

The web address for our site is:- <http://users.tpg.com.au/jonesg1/>

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

## **Flights**

Well after a few dramas with Malaysian Airlines and the flights booked out of Melbourne we have finally got all the group flying together on the Mid-Night Flight on the 16<sup>th</sup>.

Domestic flights for Rosalyn and Kate are booked.

Each team member's ticket will be given to them at the Airport. Vicki Feben will have all the tickets for people flying out of Melbourne and I will have all the tickets for people flying out of Sydney. Robin, your ticket has been sent to home in Perth.

Team members are required to be at the airport at least three and a half hours before departure to allow for process of boats and luggage.

### **Luggage Allowances:-**

The **carry on cabin luggage** allowance is **5Kg**

The **Luggage allowance** is **20kg**.

**Boat allowance** has been waived – 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.*** .

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.

### **Travel Advice**

Lauren Sykes and Dan Milne are experienced travellers and have taken the Junior Team away on numerous occasion they have some great travel advise so please read it and follow some of their advice.

#### **Lauren's Travel Advice**

**Money:** I never travel with travellers cheques personally, however I think it is a really wise idea for new travellers to travel with a few different forms of money. If you do use travellers cheques make sure you make copies of all the serial numbers on them and give them back to your parents to keep. When you receive your traveller cheques you will get a list of serial number of the cheques. Keep this separate from your cheques in case they are lost or stolen. This way you will have proof that they existed spread over the place. Also when you cash them in make sure you write down where and when. You should not rely on travellers cheque alone. A credit card is a safe way to travel as if it goes missing you can cancel 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, like a japara. Make sure you have comfortable clothing to travel in, and take some clothes for summer as well.

**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. Trust me without these little babies it is really hard to sleep. 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 the, 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. I hated reading before I started to travel. I started overseas on my first junior trip because I was bored. Never looked back. If not your way of relaxation, bring cards, magazines and music.

On the long flights, sleeping tablets are great however you can get natural herbal ones called Nytol from the chemist no prescription needed. They only set you into a normal rhythm of sleep nothing to really knock you out like prescription ones. Up to the individual which to take.

Drink constantly on the plane, water. Avoid requesting extra juice or soft drink as this increases sugar levels and makes it harder to sleep.

### **Dan's Advice**

The flight is long, especially the second leg, from KL to Zurich. 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 hostesses in the middle of the night. It is also worth taking some lip-balm to avoid cracked lips. Take a few pieces of fruit for when you are transit in KL and when you arrive in Zurich. There are no fruit quarantine issues when you are leaving Australia (only on the way back!).

### **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 measly 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 of 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.

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

**Things to do**

- Grab a “Lonely Planet” guide from the local library and look up some of the places countries and cities we a travelling to; Augsburg – Germany, Otež – Austria; Bratislava – Slovakia, Prague and Ceske Budejovice - Czech Republic, Solkan, Nova Gorica , and Ljubljana - Slovenia.
- The ASDA (Australian Sport Drug Agency) Substance list that I supplied with the last newsletter is on our website. – check on medication etc This was copied from the ASDA Website on 12/5/05. The printed version I ordered for the Team has arrived.

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. The guide accompanied this newsletter.
- 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 ot 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 are below:-

***Departing Australia***

**Victorian and Tassie Team members**

Thursday 16<sup>th</sup> June; Flight MH 128 Departs Melbourne 00:15 and arrives Kaula Lumpur 06:25.

**Western Australian Team Member**

Thursday 16<sup>th</sup> June; Flight MH 124 Departs Perth 16:30 and arrives Kaula Lumpur 22:10.

**NSW Team Members**

Thursday 16<sup>th</sup> June; Flight MH 122 Departs Sydney 14:20 and arrives Kaula Lumpur 20:45

**All Team Members**

Thursday 16<sup>th</sup> June Flight MH 010: Departs Kaula Lumpur 23:45 Arrives Zurich 06:15 on 17<sup>th</sup> June

***Returning to Australia – Depart Zurich on 13<sup>th</sup> July 2005***

**All Team Members**

Wednesday 13<sup>th</sup> July; Flight MH009: DEP Zurich 12:50; Arrives Kuala Lumpur 06:45 14th

**Victorian and Tassie Team members**

Thursday 14<sup>th</sup> July; Flight MH129: Departs Kuala Lumpur 10:00; Arrives Melbourne 19:30

**Western Australian Team Members**

Thursday 14<sup>th</sup> July; Flight MH125: Departs Kuala Lumpur 9:40; Arrives Perth 15:00

**NSW Team Members**

Thursday 14<sup>th</sup> July; Flight MH141: Departs Kuala Lumpur 10:00; Arrives Sydney 19:50

Regards

**Geoff Jones**

2005 Team Manager