

# summer camp '10



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**Summer Camp is a 5 day experience for young adults with CP. This adventure escape will include: climbing the highest peak in Australia, trout fishing, canoeing, bob sledding, camping out a night at Thredbo diggings and more. Strictly limited places available - register your interest now!**

Monday 18<sup>th</sup> – Friday 22<sup>nd</sup> January

Cost \$100 – includes all food, accommodation, travel & activities

**Please note:** due to the nature of this camp, eligibility for the camp does require that you have low dependence i.e. Can transfer to toilet by yourself, wash and feed yourself and walk or roll a couple of kilometres. And that you are between 17 and 22 yrs. If you're unsure, please talk to us.

### What to take:

- |                                  |                         |
|----------------------------------|-------------------------|
| ▪ Sunscreen & long sleeve shirts | ▪ 2 towels              |
| ▪ Sunglasses                     | ▪ Soap & toiletry items |
| ▪ Swimmers                       | ▪ Good walking shoes    |
| ▪ Pillow                         | ▪ Socks                 |
| ▪ Sleeping bag (if you have one) | ▪ Rain protection gear  |
| ▪ Warm jacket & clothes (beanie) | ▪ Water bottle          |
| ▪ Summer clothes                 | ▪ Day back-pack         |
|                                  | ▪ Spending money        |
|                                  | ▪ Hat                   |
|                                  | ▪ Thermals              |

For over 10 years The Spastic Centre has partnered with Disabled Winter Sports Australia (DWA) to run successful winter ski retreats for clients and families with cerebral palsy. Now the summer camping program is in its second year, and is still helping to provide high quality, safe, capacity-building experiences for young people with disabilities.

## DRAFT CAMP SCHEDULE

### Monday

Depart Allambie Heights at 9am  
Drive to Jindabyne  
Arrive at Finsko's Jindabyne (Jindabyne Sport & Rec)  
Briefing about days ahead  
Dinner at Dining Hall

### Tuesday

Wake at 7am  
Breakfast - make ourselves 8.30-9.30am  
Canoeing skill development (& raft building?) 10am  
Lunch at Finsko's make ourselves 12pm  
River and canoeing 1.30pm  
Dinner at dining hall or restaurant 6.30pm

### Wednesday

Wake at 7am  
Breakfast - make ourselves 8.30-9.30am  
Leave for Charlotte's Pass 10am  
Arrive Charlotte's Pass 11am  
Lunch at Thredbo River 1pm  
Tobogganing at Thredbo 3pm  
Dinner at dining hall or restaurant 6.30pm

### Thursday

Wake at 7am  
Breakfast - make ourselves 8.30-9.30am  
Fishing on Lake Jindabyne 9.30am  
Lunch 12.30pm  
Leave for Thredbo Diggings Campsite 2pm  
Arrive Thredbo Diggings and set up 3pm  
Dinner on the camp fire 6.30pm

### Friday

Wake at 6am and pack up campsite  
Breakfast - make ourselves 7.30-8.30am  
Depart Jindabyne by 9.00am  
Arrive back in Sydney 3.30, 4.30 and 5.00pm at the allocated drop off points.

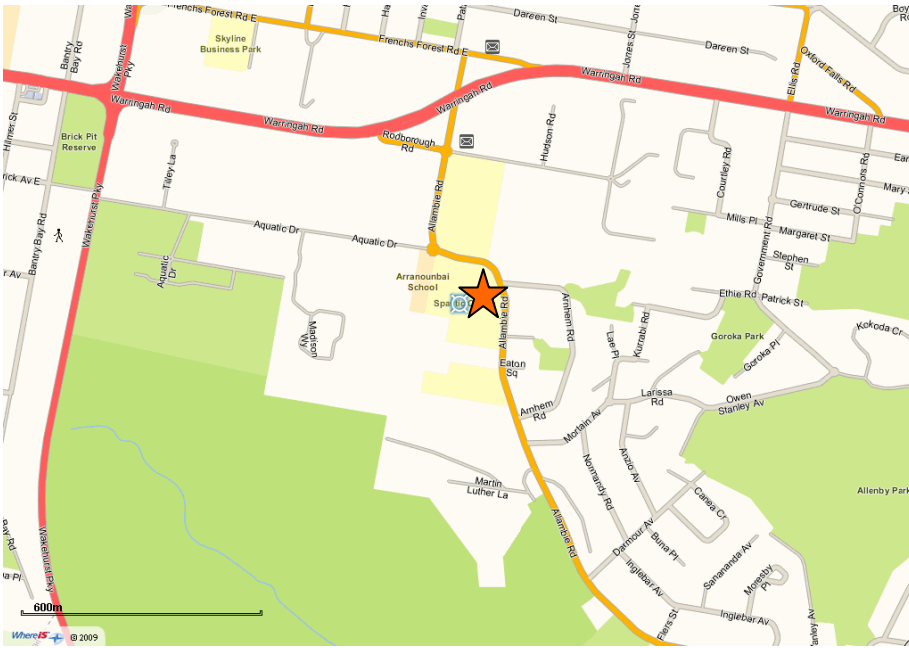
### Any further enquiries please call/email:

Peter Horsley 9975 8466 [phorsley@tscnsw.org.au](mailto:phorsley@tscnsw.org.au)  
Jessica Tarr 9975 8438 [jtarr@tscnsw.org.au](mailto:jtarr@tscnsw.org.au)  
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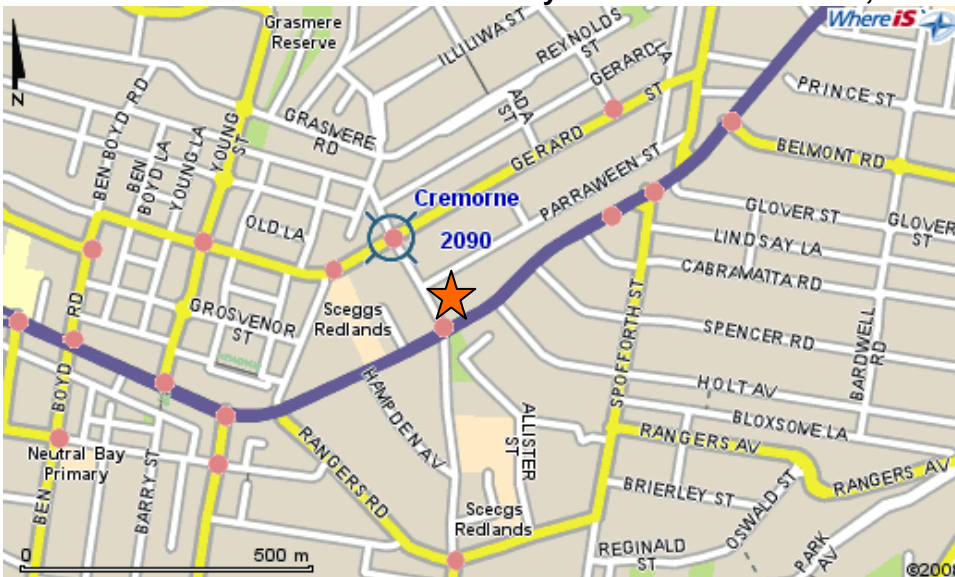
**RSVP to Peter Horsley – [phorsley@tscnsw.org.au](mailto:phorsley@tscnsw.org.au) or PO Box 184 Brookvale 2100 by 25 November 2009.**

# Pick up and Drop off Points

## 1. MCLEOD HOUSE – 189 Allambie Rd, Allambie Heights (Departing 9.00am)



## 2. CREMORNE McDonalds - Cnr Military Road & Winnie Street, Cremorne (Departing 9.30am)



## 3. BEVERLY HILLS Train Station – Toorong Terrace, Beverly Hills (Departing 10.15am)

