

Frequently Asked Questions

Before we go...

Training:

- A programme or Training Calendar will be distributed shortly after selection process.
- A fitness assessment will be made as close as possible to the North Aussie Championships. This will serve as a baseline fitness level. If going away over the Christmas break, it's the athlete & their parent's responsibility to maintain fitness. Our work isn't done yet. We rest in March.
- If not going away, the Training Calendar will provide training options during the break to maintain both interest & fitness.
- We'll benchmark fitness levels again at the back of January when everyone goes back to school. Decisions about fitness are made at that point with only 4 weeks until we leave for the Sunshine Coast.

Financial:

- Having done this trip a couple of times, we now know the cost is typically around \$1000 per person. This includes Air Travel / Land Travel / Accommodation / Food / Carnival Fees / Uniforms &/or Team Kit. Upon return after fundraising, sponsorship & purchased uniforms considered, a refund will make its way back to a Bank Account you nominate. I then save mine for the following year. I also put money aside each week anticipating the costs.... This has eased some financial pain for us year on year.
- NB. Certain uniform items or kit may not be required to be purchased every year. Those items with sponsorship or promotion however need to reflect these changes yearly.

Sponsorship & Fundraising:

- We have a number of fundraising opportunities along the course of the training window. These may include BBQ's or Raffle ticket sales. Should anyone be interested in taking on an organisational role regarding fundraising please let the Team Management know.

Social Media:

- The value of sponsorship to a business is it's reach. We reach into the community through distribution of the printed collateral, proudly wearing clothing advertising companies that help us and by not just "liking" posts from our sponsors, but "sharing" them & encouraging your "friends" to also "share" them. This generates value.
- Our Facebook page is <https://www.facebook.com/northqldlifesaving>. Every adult in our team should be following this page. Relatives should be following this page. Family friends should be following this page. Our progress is documented here along with our successes when we get to competition.
- Images are often shared on Instagram at [#ngbyst](#) as the athletes tend to engage more on this platform.
- By using both platforms we can access both out adults & our juniors more effectively.
- Access to our Google Drive encourages adults to upload their photos for all to share. Ask for the link if required.

Grants:

- Access to Grant opportunities. Local and State Government offer various Grants for travel to Regional sporting events.

Travel:

- Where possible, we travel as a Team. Variations to this protocol **MUST** be approved at a Branch Level. Some changes attract costs which are passed onto the athlete.
- The Team Officers are now in charge and are the only adults allowed to travel with the team.
- Remember to talk with the schools to get any assignments out of the way. We have found the timing of this event can prove challenging to meet academic & sporting balance.

Once there:

- We provide a couple of opportunities to catch up with family when in camp. Typically, the Wednesday night of travel & Sunday night prior to travel home. These are normally offsite dinners which parents are welcome to join however they are required to make all of their own arrangements.
- Accommodation are in dorm style accommodation. Such accommodations will not allow visitors during the stay. Bear in mind whilst we try to keep only one Age Group per gender together we may need to put ages together if groups are small.
- N.B. **Parents are not allowed in the athlete's rooms at any time.**

Age Managers / Chaperones

- The primary role of a Chaperone is to ensure the safety of the juniors & ensure that the right foods are consumed. The Age Managers will also ensure the athletes are marshalled correctly & in a timely fashion.
- Their roles do not extend to taking photographs & posting on Social Media. Parents are encouraged to watch the events however not permitted to Coach or act in contravention of the Team Officers wishes. Likewise, at no point will an athlete be removed from the arena by a parent without consent of an Age Manager. Please consider that the Age Managers have paid to attend & basically agree to look after a few more athletes (your children). All issues are directed to our Liaison Officer & Team Manager in the first instance.
- Finally, we haul tents a long way to ensure our athletes have sun protection & a shady place to rest between events. They are not for the comfort of family & friends.

"They will have a great time & make some lasting memories. They will make new friends & cement the relationships they have with the other Clubs in our Branch."

"A lot of people will work hard to provide opportunities, so that our Junior Athletes can be the best they can be & have a great time getting there."