



QUEENSLAND SOFTBALL ASSOCIATION NORTH COAST REGIONAL SOFTBALL ACADEMY

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WHAT TO BRING

Each participant should carry the following gear inside their kit bag.

- Spray jacket/tracksuit top
- Hat/Cap
- 2-3 litre water bottle (full of water)*
- Sunscreen
- Personal medication (eg Ventolin)
- All own softball equipment (including mouthguards should you own one, bats, gloves, helmets, catching gear, sliders or any other items you may normally utilise)

The rest of your gear should be packed into ONE (1) soft bag, travel bag or knapsack.

- Shirts (Playing/training & camp)
- Shorts (Playing gear & camp gear)
- Socks (running & training)
- Underwear
- Long pants (Track pants)
- Jumpers (Min. two (2))
- Running shoes + any additional covered footwear desired.
- Wet Footwear (see below)
- Torch
- Sleeping bag
- PJ's
- Pillow (camp will not provide any)
- Toiletries (no aerosols please)
- Towel x 2
- Garbage Bags (for wet/dirty gear)
- Softball gear (glove, cleats, bat, sliders, helmet & other gear – players must supply own equipment)

Some tips:

Our chosen site can be **cold and rainy**– please be prepared

- ☺ Cotton when wet makes you cold and takes a long time to dry
- ☺ Synthetics and wool stay warm when wet
- ☺ Synthetics (but not wool) dry quickly
- ☺ A spare jumper is a must in case one gets wet

On both days you will be out all day

- ☺ Your kitbag/daypack will be essential you will use it to carry food, water, clothing, medication and more.
- ☺ Water is essential. You will need a minimum of 2-3 litres every day.
- ☺ Old PET (soft drink) bottles make good water bottles. Old cordial bottles do not.

Sun protection is very important.

- ☺ Always carry and apply sunscreen and wear a hat and appropriate clothing

Shoes are important

- ☺ Cleats or softball playing shoes will be worn during sessions. Running shoes will also be required.
- ☺ A pair of covered shoes like boots or sneakers will also be required for everyday use (at camp).
- ☺ If you would like to bring thongs or slip ons for wearing indoors that is OK.

Program: Full program of daytime as well as evening events/presentations is attached although this is a sample subject to change without notice.

Withdrawal: Once registration has been paid, the fee of \$140 is non refundable. The Academy program works on a very tight budget. The budget has been developed on actual participation levels at the commencement of the program and as such is non refundable.

District Association Camp Coordination: Each Association has an individual coordinator of athletes of athletes participating in the program those contacts are: Redcliffe – Ron Flint (Ph 3204 1860); Caboolture – Judy Losenburg (Ph 5496 7743); Sunshine Coast – LJ (Ph 5491 2105); Noosa – Annette Chapman (Ph 5449 0643)

Host Association: Sunshine Coast Softball Association.

Camp Supervisor's: Mark Mawn Ph 0448 110854 & Andrea Flint 0412 458764.

First Aid: Andrea Flint.