

# Camp Discovery

## (Pty) Ltd Game Reserve

Leadership, Sport and Adventure Academy

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Company Reg. No. 2002/019899/07

VAT Reg. No. 4660228208

**Dear Cross-Country Organiser,**

## **CROSS-COUNTRY PRESENTED BY ALET KIESER**

**We take pleasure in inviting all u/10 to u/19 athletes to our clinics at Camp Discovery.**

### **MORE ABOUT CAMP DISCOVERY**

Camp Discovery is a 270 hectare game reserve, situated 60 km north of Pretoria in the Dinokeng Conservation Area. A variety of game, bird and tree species are found here in typical bushveld habitat. Regular game drives are part of the program. Sightings include species like eland, giraffe, sable antelope, roan antelope, oryx antelope, waterbuck, red hartebeest, kudu, impala, blue wildebeest, springbuck, reedbuck, bushbuck, zebra, nyala, duiker, steenbuck and warthog. We also breed with golden gnu and black impala.

Our facilities and facilitators are a proof of our excellent quality. Activities that add value to the program are amongst others cycling, archery, obstacle courses and our excellent menu!

### **MORE ABOUT THE COACH**

Camp Discovery is proud to be associated with ALET KIESER for the coaching of cross-country at our venue. Alet is well known in athletic and cross-country circles in South Africa. Currently Alet is Director of Athletics and Cross-Country at Eldoraigine High School.

### **Qualifications:**

- SA u/21 Cross-Country Champion
- SA Colleges Cross-Country, 3000m and 5000m Champion
- SA University Cross-Country, 5000m and Marathon Champion
- SA University and SA Colleges Colours
- Represented SA at the 1984 World Cross-Country Championships in Portugal
- North West Marathon Champion
- Took part in SA 10km, 21km and 42,2km
- Comrades 1994, time: 6 hours, 42 minutes

• [www.campdiscovery.co.za](http://www.campdiscovery.co.za) • [www.campdiscovery.co.za](http://www.campdiscovery.co.za) • [www.campdiscovery.co.za](http://www.campdiscovery.co.za) •

Directors: WL van Deventer (Chairman), VD Mazibuko, JA Haasbroek

## **Coaching:**

- ASA Level 3 and IAAF Level 1 coach
- 30 years athletic and cross-country coaching experience
- Coached schools that have reached Provincial and SA Championships
- Presented clinics at Sportweni and various other clinics country wide

## **DATES FOR CLINICS**

<b>High Schools</b>	u/14 – u/19	10 - 15 July 2018
<b>Primary Schools</b>	u/10 – u/13	12 – 15 July 2018

## **WHAT YOU CAN EXPECT OF THIS CLINIC**

- Season planning and Phase planning up to SA's
- Examples of appropriate exercise programs for the athlete
- Supplementary exercises
- Stretching exercises
- Correct eating and supplement plans
- Race preparation
- Race tactics and techniques
- Cross-country preparation for athletic season
- Physiological background – Why is cross-country necessary?
- Personal progress cards which allows frequent evaluations

## **COST**

### **High Schools:**

**R1 970.00** per athlete  
1 Coach per 30 athletes free  
Coaches - **R1 970.00**  
(All activities are included in the price)

### **Primary Schools:**

**R1 330.00** per athlete  
1 Coach per 30 athletes free  
Coaches – **R1 330.00**  
(All activities are included in the price)

## **BOOKINGS**

- A deposit of R1 000 per school is required to guarantee your booking. (Please use your school's name & "cross country" as reference)
- Individual bookings where parents want to book for their children are also welcome. A deposit of R200 is required to guarantee your booking.
- Please return the Booking as well as the Personal Information form to us **a.s.a.p!**

## **WHAT THE WEEK OFFERS**

### **For the athletes:**

- Excellent meals and accommodation
- Professional coaching course
- Lectures and reading material
- Exciting evening programs
- Motivational talks and videos
- Other exciting activities such as bicycle rides, obstacle courses, archery, a game drive and much more!

### **For the coaches:**

- A game drive
- Neat equipped chalets (bring own towel)
- Extra facilitators to help with the evening program and for extra supervision
- All linen and cutlery will be provided
- The course will be presented in English and Afrikaans

## **WHAT TO BRING ALONG**

### **Athletes:**

- Exercise clothing and shoes
- Bible
- Your exercise diary
- Writing pad and pen
- See list of other necessities

**FOR FUN WE RUN!!!**

**Camp Discovery Greetings,**

**Marie van Deventer**

**Marketing Manager**

**Cell: 082 697 1415**

**E-mail: [marketing@campdiscovery.co.za](mailto:marketing@campdiscovery.co.za)**



For bookings and enquiries, contact Natasha on 012 722 0072.

Visit us at **[www.campdiscovery.co.za](http://www.campdiscovery.co.za)**

**BANKING DETAILS**  
**FNB HATFIELD**  
**ACC NR: 6210 1822 668**  
**BRANCH CODE: 25 21 45**

# Camp Discovery

## Cross-Country Booking Form

Date of camp: \_\_\_\_\_

Name of school: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Organiser: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail (Organiser) : \_\_\_\_\_

Name of parent (individual booking:) \_\_\_\_\_

Cell nr. of parent: \_\_\_\_\_ Tel: \_\_\_\_\_

E-mail (Parent) : \_\_\_\_\_

<b>Dates &amp; Age Groups</b>	<b>Individual bookings made by parents</b>	<b>Deposit for bookings made by parent R200</b>	<b>No. of athletes per school</b>	<b>No. of coaches per school</b>	<b>Deposit R1000 per school</b>	<b>Total amount per school</b>
u/10 boys						
girls						
u/11 boys						
girls						
u/12 boys						
girls						
u/13 boys						
girls						
u/14 boys						
girls						
u/15 boys						
girls						
u/16 boys						
girls						
u/17 boys						
girls						
u/18 boys						
girls						
u/19 boys						
girls						

# CROSS-COUNTRY CLINIC

Date of camp: \_\_\_\_\_

## **Personal Information**

Name of School: \_\_\_\_\_

Contact Person/Coach: \_\_\_\_\_

Tel: \_\_\_\_\_ Cell: \_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Cell no of parent: \_\_\_\_\_

Name of athlete: \_\_\_\_\_

How long have you been running? \_\_\_\_\_

Best performance: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Cell no of athlete: \_\_\_\_\_

Residential address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medical Aid Details: \_\_\_\_\_

## **Details of Coach:**

Name of coach: \_\_\_\_\_

How long has he/she been coaching: \_\_\_\_\_

Coach attending: YES/NO

**Please fax this form together with the Booking form to 012 722 0073 or 086 516 7634 or email it to [info@campdiscovery.co.za](mailto:info@campdiscovery.co.za)**