

EVENT: TAS trip to NCSA Athletics Day

(North Coast Sports Association Inc.)

This day involves boys and girls from 12 independent schools and has a Primary section and a Secondary section

WHO IS GOING? TAS athletes from Junior School, Middle School & Senior School**DATE:** Tuesday 16 August 2011**WHERE:** Coffs Harbour International Stadium**TIMINGS:** Depart TAS 6:00am Tuesday 16 August 2011 (from front of school)
Return to TAS at 8:30pm Tuesday 16 August**COST:** Approx \$55 (day students), \$51 (boarders), includes transport, lunch and dinner**TIMES:** Events start at 9:15am Presentations at 4:30pm**TRAVEL:** 2 x Edwards coaches**MEALS:** Breakfast for boarders will be at 5:30am in the TAS dining room
Lunch (provided) salad roll, popper & fruit
Dinner (buy) at McDonalds/Subway* in Coffs Harbour

* each student will be given \$10 for this meal (charged to parents' accounts)

Note: a canteen will be available at the stadium where food and drinks may be purchased

All students will be charged for lunch unless they indicate at least two week's in advance that they will be providing their own**DRESS: Note: footwear must be worn in all events by all athletes****Senior School & Years 7 & 8**When competing: TAS navy 'A' athletics singlet or TAS sports polo shirt, navy GPS shorts**

white socks, joggers or running shoes

** use TAS PE/soccer shorts if you do not have the GPS shorts (not rugby shorts)

Between events: The above plus your TAS sports polo shirt (available from the Clothing Pool)
over your athletics singlet plus TAS capWhen travelling: TAS track suit over your athletics gear, plus joggers**Year 6**When competing: TAS sports polo shirt and TAS navy PE/soccer shorts, white socks, joggers or running shoesBetween events: The same as when you are competing plus your TAS capWhen travelling: TAS track suit over your athletics gear, plus joggers**Junior School**When competing: White JS 'TAS' polo shirt, navy shorts or collottes, white socks, joggers or running shoesBetween events: The above plus your Junior School hatWhen travelling: Wear a TAS track suit over your athletics gear, plus joggers**WHAT TO TAKE** Include the following:

TAS tracksuit

Senior & Middle School: Athletics singlet, TAS sports polo shirt, GPS or TAS PE/soccer navy shorts

white socks, joggers, running shoes (optional), TAS cap

Junior School: White Junior School 'TAS' polo shirt, navy shorts or collottes, white socks,

Junior School hat, joggers, running shoes (optional)

personal water bottle, **sunscreen cream**

a small amount of 'pocket money' is optional

STAFF Jim Pennington (0419250984), Luke Polson (0409780057),**Are you competing?****Students are to be congratulated on being selected in the team and are encouraged to compete, however it is not compulsory to compete. If you do not wish to compete, particularly where you are in one event only, you need to inform Mr Lincoln or Mr Polson by Thursday 4 August so that a suitable replacement can be organised.**