

## 2017 FALLS CREEK NEWSLETTER NUMBER 3

Welcome to our last newsletter before our 2017 Falls Creek Walks Camp kicks off in less than one week's time.

### **CAMP PARTICIPANTS**

No major changes since the last newsletter. We have the following attendees coming for some or all of the camp. Can you please check your entry and make sure we have it correct. If we have it wrong, can you please advise us immediately.

**Week 1**                      Fri 30 Dec - Thur 5 Jan (6 nights) - ie arriving on Friday 30 Dec  
**Week 2**                      Thur 5 Jan - Thur 12 Jan (7 nights) - ie departing on Thurs 12 Jan

Staff, Parents, Helpers	Week 1						Week 2							Days
	30	31	1	2	3	4	5	6	7	8	9	10	11	
Simon Baker (VIC)	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Tim Erickson (VIC)	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Sabby George (VIC)	1	1	1	1	1	1								6
Terry Swan (VIC)	1	1	1	1	1	1	1							8
Wayne Henderson (VIC)							1	1	1	1	1	1	1	7
Robyn Wales (QLD)	1	1	1	1	1	1								6
Helen Scarborough (QLD)	1	1	1	1	1	1								6
<b>Walkers</b>														
Adam Garganis (VIC)	1	1	1	1										4
Brad Simpson (VIC)	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Caitlin Hannigan (QLD)	1	1	1	1	1	1								6
Danny Hawke (VIC)	1	1	1	1	1	1								6
Declan Tingay (WA)	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Emily Hamilton (VIC)	1	1	1	1	1	1								6
Emmet Brasier (VIC)							1	1	1	1	1	1	1	7
Hayden Walmsley (VIC)	1	1	1	1	1	1								6
Hayley George (VIC)	1	1	1	1	1	1								6
Jasmin Dighton (NSW)	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Jason Kozica (VIC)			1	1	1	1								4
Jess Pickles (QLD)	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Kyle Swan (VIC)	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Luke McCutcheon (QLD)	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Philippa Huse (VIC)	1	1	1	1	1	1								6
Rebecca Henderson (VIC)							1	1	1	1	1	1	1	7
Reese Walmsley (VIC)	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Simone McInnes (VIC)	1	1	1	1	1	1								6
Stephanie George (VIC)	1	1	1	1	1	1	1	1	1	1	1	1	1	13
	<b>22</b>	<b>22</b>	<b>23</b>	<b>23</b>	<b>22</b>	<b>22</b>	<b>14</b>	<b>13</b>	<b>13</b>	<b>13</b>	<b>13</b>	<b>13</b>	<b>13</b>	

**Those who haven't completed their full payment yet are asked to liase with Tim ASAP.**

As you can see, we are pretty full during the first week with most of our 24 beds taken. In the second week, we have 18 beds booked and have 13-14 people on deck. That means that if any of the Week 1 attendees want to stay for an extra night or two, the beds are there.

## **ACCOMMODATION**

We stay in fantastic apartments at Altezza1570, 9 Sitzmark St, Falls Creek. See floor plans, photos, etc at <http://www.falls creek.com.au/accommodation/altezza-1570-by-alpine-boutique-apartments>.

In Week 1, we have booked one 12-bed apartment (Apartment 6) and two 6-bed apartments (Apartments 2 and 3). Here are our initial room allocations but it may change once we get there.

### **Week 1 - Altezza Apartment 6**

Declan Tingay Kyle Swan Luke McCutcheon Reese Walmsley	Simon Baker Danny Hawksworth
Brad Simpson Adam Garganis (4 days) Hayden Walmsley Spare	Terry Swan Jason Kozica (4 days)

### **Week 1 – Altezza Apartment 2**

Simone McInnes Stephanie George Emily Hamilton Philippa Huse	Hayley George Sabrina George
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### **Week 1 – Altezza A Apartment 3**

Caitlin Hannigan Jasmin Dighton Jess Pickles Spare	Robyn Wales Helen Scarborough
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In week two, we will retain Altezza Apartment 6 (12 people) and Apartment 3 (6 people) but will hand Apartment 2 back.

### **Week 2 - Altezza Apartment 6**

Luke McCutcheon Reese Walmsley Emmet Brasier Spare	Simon Baker Wayne Henderson
Brad Simpson Declan Tingay Kyle Swan Spare	Terry Swan (1 day) Tim Erickson

### **Week 2 – Altezza Apartment 3**

Jess Pickles Jasmin Dighton Rebecca Henderson Spare	Stephanie George Spare
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Note that check-in at the apartments is not until 4PM on Friday 30<sup>th</sup> December. You can drop off your luggage before then but that is all. I plan to arrive with the bus at around 3PM so will organise apartment access on my arrival. If Simon beats me up there, he will organise things.

Access to the apartments is via keycode. We will let you all know the keycodes once we arrive.

## INTERSTATE ATTENDEES

We have a number of interstate camp participants and their travel details have been finalised. Let me know if I have anything wrong here!

- **Robyn Wales, Helen Scarborough, Caitlin Hannigan and Jessica Pickles** will arrive at Melbourne Airport at 5.15pm on 29 December, then hire a car and drive to Tim's place. They will stay with Tim and Lois overnight.
- **Jasmin** Dighton is driving straight to Falls from Sydney.
- **Luke McCutcheon** will arrive at Melbourne airport at 10.15AM on 29 December and is staying with the Swan family overnight. Tim to pickup from airport and pass onto Terry. Flight back to Brisbane is on Friday 13 January at 5PM.
- **Declan Tingay** is staying with relatives in Melbourne and will be dropped at Tim's place at 9AM on Friday 30<sup>th</sup> December and will travel to the camp on the bus.

Obviously, any overnight stays after the camp will also be catered for and any return lifts back to the airport will also be factored in. I won't document that here.

## BUS

There will only be a small number of us travelling up to the camp on the 12 seater bus. Bus travellers look likely to be **Tim (driver), Hayden, Luke, Declan, Kyle, Reese, Jess and Caitlin** so we have room for more if needed. The combination might be a bit different on the way back. We will sort all that out up there.

The main reason we have the bus is because many of the people with cars will be returning to Melbourne after the first week, so the bus will come into its own during week 2 as a people transport to and from training and other activities.

## PLANNING FOR THE WEATHER

Due to its alpine nature, it is generally cooler in Falls Creek than in Melbourne. The 7 day forecast indicates that the first few days of the camp are likely to be overcast with the chance of showers, with temperatures in the high teens. See <http://www.bom.gov.au/vic/forecasts/falls creek.shtml>.

As mentioned previously, you need to plan for hot, sunny, cold and wet weather. All are possible. Also note that you burn quickly in the alpine areas so **suncream** and **protective clothing** are a must. **Lip balm** is also a must due to the potentially dry windy conditions.

## THE MINISTRY OF FUN

Sabrina and Brad are our Ministry of Fun and are planning some fun activities / nights up in Falls Creek. Brad has asked that everyone bring

- An outlandish costume of some sort for our 'Amazing Race' contest.
- Movies - we have full audiovisual setups in each apartment
- Cards or other games
- Nice clothes to wear for New Year's Eve (if you are coming the first week)

If you have any fun ideas/activities that you would like to do whilst up at Falls please let us know. We want to hear them!

## HOUSE RULES

We want you all to enjoy your time at Falls Creek, but we also hope you get great training in. This means good sleep and being sensible about going out at night.

We need to know where you are, so when you are heading out, please tell either Tim or Simon or Sabby where you are going, how we can contact you and when you plan to be back.

Dinner time is time to enjoy each other's company. Thus it is a NO DIGITAL DEVICE time!! When we are eating, please refrain from using your various social networking devices just for a short while!!

To make it easier for everyone, here are the key evening timeslots

- Back in the apartments by 10pm
- In your rooms by 10.45pm
- Lights Out by 11pm
- Quiet time till 7am

## ACTIVITIES

While Falls Creek may be better known as a winter resort, there is plenty to do in the summer and you will find that you are sharing the village with runners, bike riders, triathletes, bush walkers and holidaying families. This being the case, Falls Creek Management have implemented a Summer Activities program since our last camp and now there are movies in the evening and various activities during the day, etc. Here is a cut and paste from what has been published so far

MONDAY Dec 26th	TUESDAY Dec 27th	WEDNESDAY Dec 28th	THURSDAY Dec 29th	FRIDAY Dec 30th	SATURDAY Dec 31st	SUNDAY Jan 1st
Blue Dirt Mountain Bike Shuttles & Bike Hire 9am-4pm @ Village Bike Cafe	Blue Dirt Mountain Bike Shuttles & Bike Hire 9am-4pm @ Village Bike Cafe	Blue Dirt Mountain Bike Shuttles & Bike Hire 9am-4pm @ Village Bike Cafe	Blue Dirt Mountain Bike Shuttles & Bike Hire 9am-4pm @ Village Bike Cafe	Blue Dirt Mountain Bike Shuttles & Bike Hire 9am-4pm @ Village Bike Cafe	Blue Dirt Mountain Bike Shuttles & Bike Hire 9am-4pm @ Village Bike Cafe	Blue Dirt Mountain Bike Shuttles & Bike Hire 9am-4pm @ Village Bike Cafe
	YOGA 4pm - Runners & Cyclists 5:05pm - YIN YOGA \$15 @ QT Function Room in Slalom Plaza	YOGA 11am - General 4pm - Runners & Cyclists 5:05pm - Nildra & Breathing \$15 @ QT Function Room in Slalom Plaza	YOGA 9am - General 4pm - Runners & Cyclists 5:05pm - Hips & Legs \$15 @ QT Function Room in Slalom Plaza	YOGA 11am - General 4pm - Runners & Cyclists 5:05pm - Yin Yoga \$15 @ QT Function Room in Slalom Plaza	DA\$H FOR CA\$H 2 Stage Train Running Event up & down the mountain Loads of prizes from La Sportiva Registrations \$10 3pm - 7pm @Slalom Plaza	YOGA 11am - General 4pm - Runners & Cyclists 5:05pm - Yin Yoga \$15 @ QT Function Room in Slalom Plaza
	FALLS CREEK RESORT ATHLETES  Welcome BBQ 6pm @ Slalom Plaza	Athletics International Seminar 2pm-3pm Distance Running Athletes Panel 3pm-4pm Female Athletes Panel Q&A @St Falls Board Room	Mount Beauty Weekly Shuttle 3:30pm departs Falls Creek 6:30 return from Mt Beauty \$30ea bookings essential 03 5758 1201		Black & Gold Themed New Years Eve Party \$35 door  @ Stingrays	New Years Day Cricket 12:30pm FREE @ Slalom Plaza
Outdoor Sunset Cinema FREE 7:30pm @ Slalom Plaza	Outdoor Sunset Cinema FREE 7:30pm @ Slalom Plaza	Outdoor Sunset Cinema FREE 7:30pm @ Slalom Plaza	Outdoor Sunset Cinema 7:30pm FREE @ Slalom Plaza	Outdoor Sunset Cinema 7:30pm FREE @ Slalom Plaza	Outdoor Sunset Cinema 7:30pm FREE @ Slalom Plaza	Outdoor Sunset Cinema 7:30pm FREE @ Slalom Plaza

So you should have plenty to interest you in your free time.

## **BUSHFIRES**

The weather looks good and it is very early in the summer season but a few words on bushfires. We are in mountains which have a long history of fires. Nowadays all towns have comprehensive fire emergency plans and Falls Creek is no exception, with designated meeting areas in case of emergencies.

In a worst case scenario, we will follow the directions of the local emergency services at all times and we will endeavour to stay in touch with parents as much as possible.

## **FALLS CREEK COMMUNITY GYM**

Falls Creek has a moderately sized community gym with memberships and casual use options for all visits. Use of the gym is not included in the overall camp cost. Note the Gym Rules & Regulations on website page <http://www.fallscreek.com.au/Gym>. If you want to use it, the rates are

Single Visit	\$20
Weekly	\$45

## **NEW YEAR'S EVE**

The general rule for New Year's Eve is that those aged 18 or older are free to stay out at any of the organized functions to see in the new year and should then return to Altezza as soon as practicable after midnight (as we are training the next day). Those aged under 18 are free to mingle and enjoy celebrations up till 10PM but we ask that they then return to Altezza at 10PM and see the new year in with those of us celebrating at the apartments. Any camp participants aged 18 or over are free to attend the New Years Eve Party at Stingrays if they so desire.

## **USEFUL PHONE NUMBERS AND CONTACTS**

Simon Baker	0406 074 628	<a href="mailto:sfbaker1958@gmail.com">sfbaker1958@gmail.com</a>
Tim Erickson	0412 257 496	<a href="mailto:terick@melbpc.org.au">terick@melbpc.org.au</a>
Falls Creek Resort Management	03 5758 1200	<a href="http://www.fallscreek.com.au">http://www.fallscreek.com.au</a>
Visitor Information Centre	03 5758 1202	
Falls Creek Ski Lifts	03 5758 1000	
RACV	13 11 11	
Police at Falls Creek	03 5758 3424	
Ambulance /Fire Service	000	
Childcare Centre	03 5758 1244	
Altezza Apartment Managers	0419 028 170	

## **FALLS CREEK SPECIFIC INFORMATION**

For those driving to Falls Creek, a couple of points

- Petrol is not available in Falls. The closest petrol station is in Mt Beauty so I recommend you fill your tank there before driving the final 33km up the mountain to Falls Creek.
- Car permits are not required during the summer. You can just drive into the resort and park in any of the parking areas. There is a small amount of parking available in front of the Altezza Apartments but not enough for our bus and all our cars. We ask that the spaces be left for the bus and the cars of those helping run the camp (Terry, Sabrina, Robyn, etc). Walk

participants may need to park their cars down in the general parking areas. We will need to play this by ear once we arrive.

**SEE YOU IN FALLS!**

Hopefully that's it until we either meet in Melbourne or meet at Falls Creek.

Simon and I are very excited to have such a fantastically talented group at Falls this time around.

If you need to contact us, feel free to ring or email between now and then.

Kind regards

Simon and Tim

Simon Baker  
Tim Erickson

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[terick@melbpc.org.au](mailto:terick@melbpc.org.au)