



We are here for

LEARNING

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Coomera Rivers State School
Brisbane Kokoda Challenge 15km Schools Cup Event
Expression of Interest Form

Details: from the Kokoda Youth Foundation

"The Kokoda Youth Foundation is a registered charity founded by Vietnam veteran Doug Henderson OAM. On the forefront of veteran's issues for more than 10 years, Doug was inspired to start the Foundation in July 2004 after listening to a guest speaker at an RSL conference talk about the battle of the Kokoda Track and the Pacific Campaign.

Our main initiative is the Kokoda Challenge Youth Program (KCYP) a 14-month program that involves physical training and mentoring, participation in two of our Kokoda Challenge events, earning the chance to travel to PNG to either walk the Kokoda Track or visit the coastal villages and memorials, and culminating in 6 months of community service. Participants come from every segment of society and we passionately believe that there is no difference between those who are expected to fail and those who are expected to achieve in society - except for opportunity and the right support.

Our Kokoda Challenge Event Series was created for the sole purpose of funding participants for our youth programs. Every dollar raised by our event competitors goes towards our youth program and the kids that participate in them".

Aim for Coomera Rivers State School:

Our School Ethos – Service, Action, Respect is evident amongst all members of our school community and culture. Entering this event gives our students the opportunity to put our school ethos into action. Our aim is to provide the chance for a select group of students to partake in an event they will remember for the rest of their lives. Not only will each of them learn a lot about what they are made of during training and the event, but they will also be giving back to the community and others by fundraising for the Kokoda Challenge Youth Program (KCYP).

We will be entering the 15km Brisbane Kokoda Challenge – an off road/trail race, where teams can walk, hike and run to the finish line.

Date and Location: Saturday June 7th June, 2020 at the BROOKFIELD State School
18 Boscombe Rd, Brookfield QLD 4069

Age Requirements:

The minimum age for participating in the Schools Cup Challenge is - turning 10 this year for the 15km event.

Waiver Form:

Every participant must sign a waiver form; parents/guardians must sign their child's waiver form as well (form supplied by the Kokoda Youth Foundation and attached).

Cost:

Parents will be asked to buy a competitor shirt. The shirt will cost approximately \$40 and we are currently sourcing the best price. Students will be able to wear this shirt to training sessions and of course the actual event. Full payment must be received prior to students being issued their shirt. Final payment date: Tuesday March 24, 2020.

Due to the nature of service and respect for the event, entry fees will not be necessary from parent/carers. We are asking the whole student body to get behind our team and our student council will sponsor. SPONSORS have also sponsored our students and will pay the registration costs of each team.

Fitness Level:

A good level of base fitness is desired where consistent exercise is done each week. For example: consistent attendance at the school Running Club or out of school sporting activities.

Training Prerequisites:

Running Club must be attended twice week on Tuesdays and Thursdays.

Team Selection:

We are aiming to enter **4 teams of 5 (4 students + 1 adult)** into the 15km event. This means a total of 16 students will be selected to be a part of the teams. However, there will be a "reserves team" in place who will need to continue training, in case a selected student can no longer participate.

Group Training Dates (must attend):

Training sessions will be conducted on a fortnightly basis with supporting staff. To ensure recovery time a 2-week taper has been implemented. Training sessions will go for a duration of 1 hour building up to 2 hours. To build familiarity and confidence with the event, training sessions will be at locations to prepare our team for the types of terrain we will encounter.

Term 1

Training 1 (Week 3) Week: 11th Feb - Beep Test.

Training 2 (Week 4): 22nd Feb - Mt Warning.

Training 3 (Week 6): 7th March - Nerang Forest.

Training 4 (Week 8): 21st March – Burleigh Hill.

Training 5 (Week 10): 4th April – Currumbin.

Term 2

Training 6 (Week 2): 2nd May – Main Beach

Training 7 (Week 3): 9th May - Fleays

Training 8 (Week 5): 23rd May – Nerang Forest.

Kokoda Challenge (Week 7): 6th June – Brookfield State School

Supporting Staff:

Deputy Principal – Wendy Artz

Physical Education Teacher – Jack Burrows

Year 5M Classroom Teacher – Cindy McLean

Transport to training and events:

Transport is arranged by parents/carers to training sessions away from school grounds and the event day.

Gear:

Exercise clothing – hat, team shirt, shorts, backpack (carries water and food). Exact equipment details will be given to participants.

Participant Details- Please return to Corporate Services by Tuesday February 11, 2020.

Name: _____

DOB: _____

Age Turning in 2020: _____

Class: _____

Classroom Teacher: _____

Indication of Fitness Level (tick):

Tick the level of fitness below which you believe suits your child's fitness level.

- Average level of fitness (4-5 days a week) []
(e.g. no out of school sport, but active during school programs – KidFit, Lunchtime Competitions, Running Club, School Sport)
- High level of fitness (everyday fitness) []
(e.g. do all of the things listed above in 'average level' but you also participate in out of school sports and representative sport)

Guaranteed Training Sessions (tick):

Tick the sessions below which your child will be able to attend – exact address will be given when necessary.

- Running Club at CRSS (Twice a week) []
- **Term 1**
- Training 2 (Week 4): 22nd Feb - Mt Warning []
- Training 3(Week 6): 7th March - Nerang Forest []
- Training 4(Week 8): 21st March – Burleigh Hill []
- Training 5(Week 10): 4th April – Currumbin []
- **Term 2**
- Training 6 (Week 2): 2nd May – Main Beach []
- Training 7 (Week 3): 9th May – Fleays []
- Training 8 (Week 5): 23rd May – Nerang Forest []
- *It is after these sessions that our Crusader Squad will be selected*

Squad Selection

Our aim is to have the squads and reserves selected after Training 4: Burleigh Hill.

Parent/Carer Details

Name: _____

Preferred Contact Number: _____

E-Mail: _____

Emergency Name and Contact Number: _____

KOKODA PERMISSION

- ☐ My child has permission to attend Kokoda Training Sessions.
- ☐ My child has permission to attend Kokoda event
- ☐ I will transport my child to and from Kokoda training and event.

Activity Risks & Insurance

Please note that the Department of Education and Training does not have personal accident insurance cover for students. If your child is injured as a result of an accident or incident while participating in the activity, all costs associated with the injury, including medical costs are the responsibility of the parent/carer. Some incidental medical costs may be covered by Medicare. If you have private health insurance, some costs may be also be covered by your provider. Any other costs must be covered by parents/carers. It is up to all parents/carers to decide what types and what level of private insurance they wish to arrange to cover their child. Please take this into consideration in deciding whether or not to allow your child to participate in this activity.

Consent

By signing this form (below) I agree that:

- I have read all of the information contained in this form in relation to the activity (including any attached material) and I am aware that the Department of Education and Training does not have personal accident insurance cover for students.
- I give consent for my child, _____ in class _____, to participate in the Kokoda training days specified and Kokoda event day.
- I will pay to the school the costs detailed above for my child's participation in the activity.
- In the event of an accident or illness, school staff may obtain or administer any medical assistance or treatment my child may reasonably require, including contacting my child's doctor.
- I accept liability for all reasonable costs incurred by the Department of Education and Training in obtaining such medical assistance or treatment (including any transportation costs) and undertake to reimburse the Department of Education and Training the full amount of those costs.
- I have provided the school all relevant details of my child's medical or physical needs on enrolment and where relevant have updated this information.

Parent/Carer Name: _____ (Please Print)

Parent/Carer's Signature: _____ Date: ____/____/____

Additional medical information

The school collected medical information about your child at enrolment. This information is stored electronically in OneSchool. Please give full details of any new or updated medical information which may affect your child's full participation in the activity described in the form.

You may also wish to provide the following information*:

Name of child's medical practitioner: _____ Telephone No.: _____

Medicare No.: _____ Position on Card: _____ Valid to: _____

Private Health Insurance Company (if applicable): _____ Membership No.: _____

*If an enrolment form for your child has been completed or updated since October 2012 this information will already be recorded in OneSchool.

☐ I would like this additional information about my child's medical information to be recorded in OneSchool records.