

## **Inter-insular update - 26<sup>th</sup> August 2008**

### **Please check the following information regarding the Inter-insular on the website:**

1. Which event/s, if any, you have been selected for by looking at the team lists.
2. Which day you are travelling on and whether you are going by boat or plane.
3. The time that you need to be at the airport or harbour and the time that you arrive back in Jersey.
4. The time the Intransit coaches will be collecting you.
5. The time of your events by checking the timetable.
6. If you are staying overnight, who you are sharing with and your room number.

### **You need to ensure that you have done the following:**

1. You have advised your team manager of whether you can attend and have agreed the events that you are down for.
2. You know the times that you are travelling by checking and printing off the relevant lists so that you have the information with you over the weekend.
3. You have printed a consent form, completed it and have sent it to me at the address below with a cheque made payable to 'JSAC' for £30 if you are travelling by boat and £60 if you are flying. **The deadline for receiving these items is Friday 30<sup>th</sup> August.** You may be replaced by another athlete if I have not received them by this date.
4. You have printed the hotel list so that you will be able to collect your key when you arrive at the hotel. (Please try to check in with the people that you are sharing a room with.)

If you are going by boat, you will be returning by boat and if you are flying there, you will be returning by plane. Please will you check all your times and let me know if you will not be at the track when you need to be for any of your events.

Please ensure that you have a Spartan vest, T-Shirt or crop top and black shorts to compete in and that you bring plenty of food and drink as it may not be available to purchase at the track. Waterproofs and warm clothing will also be a good idea together with a sun hat and sun cream in case it is hot. You will be walking the short distance to the hotel so please ensure that you are able to carry your belongings.

I have booked a private room at the St Pierre Park Hotel for those athletes and coaches who will be staying overnight. A two course Italian Buffet will be available from 7pm (which includes main course and desert at a cost of £11 per person.) There is a vegetarian option. Please bring sufficient money to pay the hotel direct for your meal and any drinks that you order before you return to your room. Breakfast on Sunday morning is included in the cost

of the trip. Please also bring some money in case there is food and drink available to purchase during the day at the track.

Now that I have ensured that there are boat seats for all the athletes on the Saturday, I am able to offer spare seats to parents at a cost of £30 which includes coach transfer to and from the track. Please let me know if you'd like any and I will allocate them on a first come, first served basis.

If you have any questions concerning the arrangements, please do not hesitate to contact me on [karendingle@hotmail.com](mailto:karendingle@hotmail.com) or by telephone on 722377 and I will try to help you.

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