



World University Games 2007

Bangkok, Thailand



Newsletter 1

1 June 2007

Hi there everyone and well done for making the New Zealand Team for the World Uni Games for 2007. It's going to be a good trip with an excellent level of competition.

Team Management

I have been appointed as the Athletics section Manager. I was appointed to manage the NZ team to the last three World Junior Champs (WJC), in Beijing last year, Grosseto, Italy three years ago and Kingston, Jamaica five years ago. Before that I took the NZ Youth team to Hungary and Poland.

I work in Hamilton as an Athletics Development Officer. In my competitive days I was a decathlete, getting to silver medal position as a junior. I moved into management and administration when injuries forced me to stop competing.

I am married to Sue and have two children, Hayley (16) and Blake (13). If you ring me at home, one of the kids are bound to beat me to the phone.

Elena Vinogradova has been appointed coach for the trip. Elena has a lot of experience coaching at the elite level and will be a big asset in our final preparations and at the Games.

Another coach may be appointed depending on the final team make-up.

Being a multi sport games, we also have the support staff – Chef de Mission, Manager, Medical staff (11), media and general support staff.

World University Games

The level of competition at these champs will be outstanding. Many of the current Olympic and World champions competed at the WUG when they were younger.

They are expecting 7500-8000 athletes and the support staff and volunteers will take the total number in the Games Village to close to 10,000!

Two years ago in Turkey, NZ scored a gold (Kim Smith – 5000m) and a bronze (Mary Davies 10,000m), NZ's best ever haul at these champs.

Athletics Australia have named a team of 20 for the champs, including 9 National Champions and some who are competing at the Osaka World Champs.

This will be the biggest and most important meeting of your careers to date. Make sure you are prepared for it, both physically and mentally.

Team Selected

Athletics New Zealand have announced six athletes in the team so far. There could be further additions to the team following the NCAA champs, NZ Half marathon champs and a European combined events meeting next weekend.

Amanda King	USA	3000m steeple
James Mortimer (*)	AUCK	110m hurdles
Andrea Miller	OTAG	100m hurdles
Jessica Penney	WELL	Long Jump
Max Smith	USA	1500m
Monique Williams	AUCK	200m
		400m

- subject to academic eligibility confirmation.

Communication

Communication is very important on a trip like this. I will try and keep you informed and up to date with any information I receive about the trip. For all information I am your first point of contact for any tour-related enquiries.

This will be the main newsletter seven weeks out from our departure. It's got some vital pieces of information. You will also be receiving Newsletters and information from the overall team manager Jim Ellis and Chef de Mission Marty MacDonald.

This newsletter and any other information / forms relating to the team are at <http://www.universitysport.org.nz/events/international/world-university-games/nz-team-2007/>

If you need some information, email me or call me first and any queries I can't deal with, I will pass on to Athletics NZ or Uni Sport NZ . If your plans or circumstances change in any way, it's important to contact me asap.

The communication will need to flow in both directions, so please return my calls and answer requests for information as soon as possible. I will send smaller messages when I have more information.

Immediate Action Required. Very soon, (or maybe already), you will receive an email from Team Manager (and Uni Sport Executive Officer) Jim Ellis

with several attachments. Please deal with this immediately so that your entry, uniform allocation medical info form, team contract etc can be actioned quickly. If you have already provided your academic eligibility form already (Jessica & Andrea), you don't need to do this again.

If you want any information not covered in this newsletter, please contact me quickly so I can answer your queries as soon as possible.

My contact details are at the end of this newsletter.

Itinerary

The following dates are now quite firm and bookings have been made. We can still make changes if any circumstances alter or if you or your coach has any alternative plans or suggestions.

The team members who will be in NZ (Brett, , Jessica, Andrea, James, Amanda) will **depart Auckland on 19 July** flying direct to Brisbane. This is one day earlier than previous plans, but it has been requested to give one clear day on Gold Coast before we compete on 21 July. We have a mid-afternoon flight to allow time for domestic connections and gets us to Gold Coast in time for dinner. (Monique will be flying over to Brisbane on 11 July and Elena will arrive 21 July.)

At this stage Monique and Andrea are heading to Belgium on 22 July for a couple of meetings, while the rest will spend 8 nights at our training base at Runaway Bay on the Gold Coast, before flying **Brisbane – Singapore on 27 July**. This change has come about because the other sections of the team going to acclimatize in Singapore have shortened their stays. It also gives us slightly longer on the familiar base of Gold Coast and the possibility of training with Australians a bit longer.

The Singapore section will be 8 nights also allowing good opportunity for acclimatization and training. Andrea, Max & Monique will join us here. We travel **Singapore – Bangkok on 4 August** (90 minute flight).

Our journey home will be via Sydney, departing Bangkok Monday 16 August and **arriving Auckland Friday 17 August**.

Domestic connections have been arranged for the Wellington and Otago athletes.

Anyone coming direct from USA or Europe are asked to make their own bookings and arrangements (and make arrangements for reimbursement from Athletics New Zealand through Raylene Bates raylene@asi.org.nz

I would like you to come to Singapore as a staging point on or around 2 August or direct to Bangkok on 4 August.

Accommodation

The accommodation at Runaway Bay will be in lodges at the Sports Super Centre. This facility has everything we will want for our stay as well as being close to Shops and the Gold Coast beaches. Check out www.sportssupercentre.com.au

In Singapore we will be staying at the Singapore Sports School complex.

www.sportsschool.edu.sg/index.aspx

It is not yet clear whether we will be using the track at the sports school or another track.

In Bangkok we will be staying in the Games Village at Thammasat University, Rangsit about 80 km north of the centre of Bangkok. All teams will be staying here. The team manager and Chef de Mission visited the village in April and have chosen a section of the village that would suit us well. The request has been made and some contacts utilized, but we won't know if we have got what we want until later.

The Thammasat University Campus will be the venue for the Track & Field, Swimming Judo, Badminton along with some of the Basketball and Volleyball.

Food

While this is an international event with catering designed accordingly, you should expect that some of your favourites from home will not be available, particularly food supplements (bars etc) that you use. If you have any specific requirements in this area, plan to take them with you from NZ.

Thai airways have won the contract to cater in the Games village, so food should be safe there. There will be lots of bottled water available, but no electrolyte drinks, so if you want this, plan to take powder from NZ (enough to last the whole trip).

As with all overseas trips, you need to be flexible and able to cope with local foods from time to time.

You will find the food at Runaway Bay excellent.

Bangkok

Bangkok is a huge, flat city (about 100km across). Traffic congestion is a major problem and we are going to be there in the monsoon season.

It's going to be hot, humid and wet! So make sure you are going to be prepared for all three.

Thailand had a coup last year, but we will not see any results or affects of this and we will find the city very safe for the areas we will be visiting.

There will be around 8000 security personnel assigned to the Games.

Uniforms

Athletics NZ are providing the competition uniform (and a few other T-shirts etc) while Uni Sport is providing all the rest.

Check out the Uni Sport website for details of what you will be getting. Because of the heat, no Tracksuits will be allocated.

We want to get the team outfitted as early as we can to avoid any problems with sizing, so return the form to Uni Sport asap. They will be trying to get gear delivered by courier to team members in NZ by the end of June. Athletes who will not be in NZ will have their gear sent direct to Bangkok.

If there are any issues with it, you need to get them sorted very quickly, not just before we leave.

Contracts

Members of New Zealand team are required to sign agreements before the team leaves. This sets out what Uni Sport is responsible for and what your responsibilities are.

These will be sent to you by Uni Sport. Please sign and return to Uni Sport NZ. You also need to keep a copy for yourself or have a very good memory.

WUG Website

Go to www.bangkok2007.com/en for heaps of information.

Pre Competitions

This has been the most frustrating part of the organisation for this trip. We have one competition organised on the Gold Coast while we are there. It is on Saturday 21 July at the Gold Coast City Athletics Track.

Sharon Hannan at the Gold Coast Track has also agreed to put on any events we wish on Thursday 26 July and will invite any other athletes in the area.

The Asian T&F champs are in Lebanon 29 July-2 Aug, so there are no competitions in Asia leading up to the champs that any of our contacts can source.

The WJC organisers may have some informal meets just before the Games, but these are not confirmed.

However, in comparison, the Australian team (approx 20) has no competitions, camps or acclimatization planned at this stage.

Competition Dates

The Games T&F competition runs 9 – 14 August.

The updated timetable (22 May) has changes which have the afternoon sessions starting at 5pm (not 3pm as earlier indicated). This is good news, as the 3pm start was likely to be affected by regular very heavy thunderstorms in the afternoons as the Games

are in the middle of the monsoon season. The Track & Field programme is at this link:

http://www.bangkok2007.com/en/Sports_and_Events/schedule/1_Athletics.pdf

Please make yourself very familiar with your personal timetable for the champs and the times of the day you will be competing. Your body clocks will need to be ready for this, including possible travel times.

Team Handbook

Julia King (Media Liaison for the Team) will be putting together the team handbook. It's very important that you supply a photograph and the relevant details about yourself for the handbook.

Media

We have a media Liaison person with the team who will be trying to generate media interest before we leave and send back regular reports to NZ during the Games.

Don't forget to let your local media know about your trip. Remember to acknowledge your personal support crew – coach, club, family, Athletics NZ etc.

If a newspaper or radio station in your area wants reports and results from the WJC, tell them to contact Julia King at julia.king@sparc.org.nz

Athletics NZ will also be providing regular reports to the media in New Zealand before, during and after the champs and we hope they pick up on these. Any Athletics news releases and results will be on the Athletics NZ website at www.athletics.org.nz

Funding

Fortunately, there will be no levy on the Track & Field team members for this trip. The cost (around \$7,000) will be picked up by a combination of funding from Athletics New Zealand, SPARC (High Performance Programme funding) and Uni Sport NZ.

This is the first World Uni Games where Track & Field athletes have not been levied. The soccer team is paying \$5000 each for the trip. Consider yourselves very fortunate!

The costs that will be covered are all travel (airfares, taxes, buses, transfers etc), accommodation (including 3 meals a day at Runaway Bay, Singapore and in Bangkok), competition and training clothing and administration costs for the team.

All other expenses, including extra food that you may require, excess luggage costs, equipment related expenses, optional events like sightseeing and personal spending will be at your cost.

Insurance

We will advise of arrangements for this later.

Drug Testing / Asthma Drugs

There will be drug testing at these championships.

I have arranged for Drug Free Sport NZ to place for an interactive presentation on their website for you. When you get sent a username and password, please go online, watch the presentation and make the pledge that you will be a drug free athlete.

As some of you will be competing internationally for the first time, you should be familiar with drug testing procedures. For more info, visit their website www.drugfreesport.org.nz

You are fully responsible for anything you put into your body, so be careful and know what is safe. If you have any questions on any supplements or medications you are taking, contact them on 0800DRUGFREE.

They also have a new feature which allows you to text a medication and get a reply on it's banned substance status.

If you are using medication that is on the banned list, you **must have** a Therapeutic Use Exemption (TUE). They are available to download from the Drug Free Sport website.

Medical

Please ensure you fill in the medical form very accurately. It will allow the medical team to give you the best treatment if required.

From the medical team: recommended vaccinations are normal childhood ones plus Influenza, Hepatitis A, Hepatitis B and Tetanus

One of the key health problems will be with mosquitoes and Dengue Fever in the humid conditions. The medical staff will be giving you guidelines for this, but you will need to take with you mossier repellent with at least 30% deet.

Injuries

It is imperative that you keep Athletics NZ and myself aware of any injuries you currently have or develop between now and when we leave.

Passports & Visas

Make sure your passport is up to date and is valid until at least the end of February 2008. Let me know if you have a passport issued by a country other than New Zealand. Remember to send Athletics NZ a photocopy of the page of your passport with all your details on.

Visas are not required for our trip.

Money

You will need your own personal spending money for the trip.

Look After Yourself

This is a very important trip for you, so we don't want any silly little things stopping you from going. You should be totally focused on athletics now, so impromptu games of rugby, soccer, touch, basketball present unnecessary risks (unless they are part of your training programme).

Be careful with what you are eating and your contact with ill people – a couple of weeks off training at this stage will certainly not be helpful.

The main message is be sensible and don't risk your health.

Roles for everyone

I and the other team management appointed are there as team management to assist you to get the most out of yourself and to make sure that everything goes as smoothly as possible for you. We expect team members to be totally focused at all times, but that doesn't mean we won't have fun.

We are not going as baby-sitters and we don't expect to remind anyone about their behavior.

One of your roles as an athlete is to take personal responsibility for your actions leading up to and on the trip, whether that is training, competing or your role as part of the team.

But if you need any sort of assistance, don't hesitate to tell to us.

List of things to do now

1. Check your passport
2. Complete and return all forms to Uni Sport NZ
3. Sign & return Team Members Agreement
4. Send head and shoulders photo – digital format (not cellphone camera) by email to Uni Sport for inclusion in the team booklet. You are allowed to smile in this one! Follow the instructions when you get an email
5. Email me the name of your coach and their email details.

Have I missed anything? If you require more information about anything, please give me a call.

Contact Manager

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