



## **BULLETIN #12**

**May 6, 2010**

*Workshops*

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*Medical Information*

•

*Final Registration Process*



[www.survivorsabreast.com](http://www.survivorsabreast.com)

## **Festival Workshops**

### ***Laughter is The Best Medicine***

*with Connie Jasinskas*

*9:00 a.m. to 9:50 a.m.*

*Holiday Inn Ballroom*

Connie is from BreastStrokes of Guelph, Ontario, Canada. Connie delivered a session in Vancouver with great reviews!  
[www.fortheloveofit.com](http://www.fortheloveofit.com)

### ***Know Your Team***

*with Bill and Barb Johnston*

*10:00 a.m. to 10:50 a.m.*

*Holiday Inn Ballroom*

Bill and Barb are a local dynamic duo from “The Centre for Applied Human Dynamics” and have delivered many excellent sessions, including one for the Survivors Abreast team.  
[www.dynamics4u.com](http://www.dynamics4u.com)

### ***Fueling the Dragon Boater***

*with Alyson Kubica*

*11:00 a.m. to 11:50 a.m.*

*Holiday Inn Ballroom*

Alyson is a registered dietitian with the Peterborough Family Health Team and she has a specialty in sport nutrition. Alyson is ready to help you improve performance and prevent nutrient depletion!

### ***Land Exercising***

*in the exercise tent, located in the main park*

*Times are 9:10, 9:40, 10:10, 10:40, 11:10 and 11:40. a.m.*

Several facilitators will provide drop in sessions where participants will stretch and exercise safely. Registration is not required but participation is limited at each session.

To register for the three workshops, team managers must send an e-mail to Heather at [heatherpeachey@hotmail.com](mailto:heatherpeachey@hotmail.com) by **May 17**, confirming that their team has selected four team members who will attend the workshops. Only one team member can attend each of the three workshops and the festival will assign the fourth person, pending space available.

Remember that the Land Exercising Workshop does not require registration.



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Teams decide how to choose the people to attend. Heather does not need to know names of the four individuals, only their team name. Team managers can also send other important information (e.g. practice times that interfere with workshops or other team members interested in a workshop if seats become available).

Here is a sample email:

*Team Survivors Abreast has one member for each of the three workshops. We would like the fourth member to attend (workshop name). We have a practice at 9:00am. We have several members wanting to exercise and they will look for the tent on Friday and go at a time that is suitable to them. We have six people who really wanted to attend Know Your Team and we'd like extra spots if any open up. Signed... Team Manager*

Heather would sure appreciate hearing from team managers, even if not interested in the workshops so we can reassign those seats.

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### **Team Medical Information**

Team managers/captains please remember to bring medical information on each of your crew members and make sure that this information is available at all times during the festival, especially during practices and on race days, Saturday and Sunday.

Information should include for each member of your crew:

Name and address, phone number and date of birth

Name of family doctor and phone number

Medications and dosage

Allergy information, if applicable

Emergency contact information: name, address, phone number, and relationship (e.g. spouse)

Other information that would be helpful in the case of a medical emergency.

Safety is a key priority for the festival and Emergency Management Services (EMS) staff (paramedics), equipped safety boats, and qualified life guards will be on site during race days. As well, a medical tent staffed by local volunteer medical personnel is on site during the races.



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In addition, the Peterborough Clinic, located at 26 Hospital Drive in Peterborough (705-743-2040) has arranged to provide priority service to any international participants or supporters requiring medical attention during their stay. The bottom line is that we want to make sure your stay with us is safe, secure and as comfortable as possible.

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### **Final Official Registration**

Upon arrival in Peterborough all team managers must report for final registration.

**Holiday Inn Peterborough Waterfront  
150 George St. North, Saffron Room South**

**Tuesday, June 8 to Friday, June 11  
9:00 a.m. to 5:00 p.m.**

During registration team managers will pick up identification tags and gift/information bags for their team members and supporters.

#### **Identification Tags**

All registered participants must wear their lanyard with their identification tag for admission to all festival activities including practices, races, bus transportation, the welcome barbecue, the gala and the dance.

#### **Team Captains and Team Managers Meeting**

Friday June 11, 1:00 p.m. to 1:50 p.m.  
Holiday Inn Peterborough Waterfront  
150 George Street North, Ballroom

#### **Drummers and Sweeps/Steerspersons Meeting**

Friday June 11, 2:00 p.m. to 2:50 p.m.  
Holiday Inn Peterborough Waterfront  
150 George Street North, Ballroom

#### **Steerspersons and Drummers Pool**

We will have a pool of steerspersons and drummers as there are a number of teams that require both. Teams needing a steersperson and drummer for practices are asked to inform Darlene Prager at [registration1@igs.net](mailto:registration1@igs.net). Also email Darlene to volunteer and register as a steersperson or drummer.