



322 (City of Ryde) Squadron
Australian Air Force Cadets



3WG Metro Region Sports Day

This activity is open to all cadets who wish to represent 322SQN in touch footy, soccer or dodgeball, to support our teams or just have fun. Winning teams will progress through to the finals to be held at the Wing Competitions on the June long weekend, representing the metro region!

Date: Saturday 25 May 2019

Location: Old Kings Oval, Parramatta Park (rear of Westbank Stadium)
Cadets are to make their own way to and from this location.

Arrive: 0930 h (9:30am)

Finish: 1400 h (2:00pm)

Dress: **Neat civilian attire** including:
322SQN polo shirt – no other shirts are to be worn
322SQN shorts
322SQN baseball cap
Socks
Sports shoes (NO blades, football boots or spikes)
Jumper and tracksuit (optional)

Cost: A BBQ lunch with reasonable prices will operate on the day

Consent: A fully completed Consent Form is to be handed to LAC(AAFC) K Thompson when you arrive at the activity.

Bring: Any required medication (clearly labelled)
Water bottle
Sunscreen
322SQN baseball cap
Lunch and snacks and/or money for BBQ lunch
Shin pads (recommended)
Sunglasses (optional)

Notes: Ensure any pre-existing medical conditions or injuries are brought to the attention of LAC(AAFC) K Thompson upon arrival, and bring any required medication such as asthma puffers.

Cadets are reminded that although they are not wearing uniform, this activity is taking place in a public location and appropriate behaviour is required at all times.

Contact: LAC(AAFC) K Thompson 0428 230 056

“The ADF is currently unable to provide a severe food allergy-free environment (such as from peanuts) in relation to the consumption of food during cadet activities which involve centralised catering. Such a risk may be life threatening for children who suffer from a severe food allergy, and parents may consider it is in their children’s best interest not to allow participation in the proposed activity. In the event that such children do attend a catered cadet activity, parents are asked to provide sufficient meals from home to cover the duration of the activity”.