

## Luuka Jones Beijing Olympic Preparation Plan and Budget

<b>23 March 2008 – 29 April 2008</b>	
Based in Tauranga New Zealand	
6 coached training sessions per week until departure for Nottingham on 29 April.	1200
Travel Tauranga to Kaituna or Kawerau x 6 per week (\$150 x 5)	750
Repair boat and get supply of carbon	
Purchase two new paddles (to have an identical spare)	1000
<b>1 May 2008 – 19 June 2008 (7 weeks)</b>	
Travel to England to base self at Nottingham slalom course and access coaching 6 sessions per week. Estimated coaching cost 30 pounds per session.	3150
Return air fare	2400
Slalom Course fees	200
Living expenses	1750
Gym membership	400
Two 3-day camps at Dutch artificial slalom course with coach. This is necessary because the Dutch Course is the same design as the Beijing Course.	2600
<b>19 – 23 June 2008</b>	
Travel from Nottingham to Prague, Czech Republic (with coach) to attend ICF World Cup race 1 and attain top 16 nation placing in order to meet the NZOC's final qualification requirement.	900
Accommodation and Food, Prague	850
<b>24 June – 4 July 2008</b>	
Attend Official Beijing Training camp	
Airfares	3000
Accommodation and food	2000
Water fees	825
Entry fees	500
<b>Remainder of July 2008 (4 weeks)</b>	
Final months coaching at Nottingham	1800
Living expenses	1000
<b>Other costs</b>	
Visas to China	250
Travel Insurance	900
Vaccinations	400
New Kayak	3000
New Helmet	90
<b>TOTAL</b>	<b>\$28,965</b>