



Swim Around Keppel
WARM WATER CAMP
9th - 12th June 2021



Keppel Islands Swimming Association
Swim in Paradise

An aerial photograph of a group of people participating in a water activity in clear, turquoise water. There are several kayakers in various colored kayaks (white, yellow, blue) and several people swimming. The water is very clear, and the overall scene is bright and sunny.

SWIM IN PARADISE

Join us on the Great Barrier Reef for a 4-day tropical island swimming adventure!



GREAT KEPPEL ISLAND

Host to 17 pristine beaches, coral reef, and an abundance of island and marine life, Great Keppel Island (GKI) is truly a place like no other.

Located just 30 minutes from Yeppoon on the Capricorn Coast, GKI lies slightly north of the Tropic of Capricorn and enjoys an ideal sub-tropical climate with plenty of sunshine, mild winters and temperate crystal clear water.

The island remains largely uncommercialised and offers a relaxing natural setting for day guests and holiday-makers alike. Accommodation, dining, entertainment, snorkeling, reef tours, cruises, and watersport activities are available on the island.

Keppel Islands Swimming Association

The Keppel Islands Swimming Association (KISA) was formed in 2019 to encourage and promote swimming and aquatic sports and activities.

KISA is proud to help unite aquatic organisations in Central Queensland in a common purpose; to promote aquatics throughout the region.

Whether it's, swimming, snorkelling, surfing, or scuba diving, aquatics is at the heart of what we do.



Swim Around Keppel

KISA's signature event is Swim Around Keppel (SAK).

SAK is an annual open water event that occurs in August and includes individual swims or a team relay swim.

In 2020, the 2nd Annual SAK event attracted over 55 competitors from around the country.



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Swimming around Great Keppel was an extraordinary opportunity to gain Open Water experience.

I loved every moment of swimming through Keppel's crystal-clear waters and seeing the spectacular marine life around the island.



BRIANNA THOMPSON

BRISBANE, QLD

*2nd Youngest Australian to complete a
2-Way Crossing of the English Channel at 17 yrs
1st Female in the 2019 Port to Pub's 25km Event*

WARM WATER CAMP

4 DAYS OF SWIMMING & 4 DAYS OF LEARNING!

Join our experienced swimming coaches for an open water (warm water) camp on beautiful Great Keppel Island.

This camp is designed for ocean swimmers of all levels – from newcomers to seasoned swimmers – and promises 4 days of learning, planning, swimming, hiking, yoga, nutrition, and all-round fun and enjoyment on the island!

Participants must be a minimum age of 14 years to register for this event.

WHEN: 9th June to 12th June 2021

WHERE: Great Keppel Island

PRICE*: Single \$2,020 | Double \$1,720 | Triple \$1,600

*Prices based on accommodation preference

TRANSFER: Via Keppel Konnections (Rosslyn Bay Harbour)

Departing Rosslyn Bay Harbour Yeppoon at 3pm, Wednesday 9th June, and arriving back at 4pm, Saturday 12th June. Official 5km Solo Swims will be held on Saturday 12th June 2021. Please email us at admin@swimaroundkeppel.com.au to arrange transfer from the Rockhampton Airport (ROK) to Rosslyn Bay Harbour if needed.

Inclusions

The camp includes ferry transfers to and from Great Keppel Island, 3 nights accommodation, all meals from Wednesday dinner til Saturday lunch (most of adult drinks are not included), registration, insurance, coaching, water safety, and awesome merchandise including shirt, towel, cap, and more!

Registration

Registration opens March 2021 and is limited.

Payment of a deposit is payable upon registration.

For more information, please contact us by Email: admin@swimaroundkeppel.com.au

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The island atmosphere and location of this swim should place it on the top of swim destinations, from the beginner to the advanced swimmer.



GARY TONER

BRISBANE, QLD

*Executive Officer of Swim Australia
Australian Swim Coaches & Australian Marathon
Swimming Hall of Fame Honouree*

Meet Our Coaches

THEY'RE PRETTY AWESOME!



VLAD MRAVEC

Founder of Vladswim Program
SYDNEY, NSW

Native to the Czech Republic, Vlad has been involved in the sport of swimming his whole life. Vlad is the founder of the Vladswim Program, which provides all levels of swimming services from stroke correction at the beginner to elite level through to coaching of an open water swimming squad.

Vlad's expertise lies in providing interesting and effective pool and ocean swim sessions covering all levels of intensity and skills to help swimmers achieve their long distance goals. He has a clear understanding of how to structure training programs and plan for specific endurance swim events.

Vlad holds a Masters Degree in Physical Education, specialised in the Sport of Swimming. He holds a Bronze Level Coaching Accreditation with ASCTA for pool and open water coaching.



JOY SYMONS

Director of Aqualification & Fitness
ROCKHAMPTON, QLD

Joy has over 20 years of international experience in the aquatic industry as an athlete, teacher, coach, trainer, presenter, author, playwright and company director. Joy also hosts a podcast; The Joy of Aquatics.

An Australian representative swimmer, Joy has developed successful programming within her company Aqualification & Fitness, for learn to swim, aquatic fitness, and professional development for aquatic professionals.

She is an inspirational leader, passionate teacher, coach, and motivated aquatic fitness instructor.





VAL KALMIKOV

Two-time Olympian & Founder/Director of KISA
ROCKHAMPTON, QLD

Two-time Olympian and native to Latvia, Val have been coaching swimmers since the early 90's at the Moscow Institute of Sports Swim Club.

He has worked in various roles as a head coach and assistant coach. Val has coached in Russia, Latvia, the USA, and most recently, Australia, with various levels ranging from learning to swim, high school, college, club, state and national team level swimmers.

Being a 'pool swimmer', Val is not a stranger to some of the long distance open water challenges. Val has successfully completed The English Channel crossing in 2019 and more recently, the Derwent River swim in Tasmania in 2021.

Founder and director of KISA, Val believes in swimming with the perfect technique for each person.



GRANT WOOLF

Yoga & Massage Instructor
BANGALEE, QLD

Born in Central Queensland, Grant has been working as a yoga, swim fitness instructor and physical therapist for over 15 years in Australia and overseas.

Versed in a wide range of yoga styles, Grant has established yoga studios in Sydney and Yeppoon.

For the last 5 years Grant has been the resident yoga, fitness instructor and masseur on Mustique Island in the Grenadines, Caribbean. There he has also been teaching ocean swimming and surf skills using his skills from his 20 years competition experience of surf lifesaving for North Bondi.

“

GKI is like no other. The sea is clear blue and warm. The coral gardens are like a shot of adrenalin. The atmosphere is relaxed and friendly.



CLAIRE KEANE

BRISBANE, QLD

Lifelong Open Water Swimming-Lover

What to Expect

ON DAY 1 THE FERRY LEAVES ROSSLYN BAY AT 3PM

Then every day on the camp you will enjoy...

- ✓ **Yoga classes**
- ✓ **Technique sessions**
- ✓ **Short and/or Long swims**
(see Swim Courses)
- ✓ **Individual sessions**
- ✓ **Massages (must be pre-arranged/paid for)**
- ✓ **A great time with new and old friends**
- ✓ **Rest time is a possibility...**

All the camp activities will be tailored to your ability – we are not going to make you swim 10km on the first day if you not comfortable with it, maybe on Saturday instead ;) There will be plenty of opportunities to work on basics of swimming, technique, nutrition, and more.

Besides camp activities, you will have a great opportunity to explore one of the best islands on the Great Barrier Reef - kayaking, snorkelling, scuba diving sessions could be arranged with our good friends at **Keppel Dive**.

The Saturday swim will be either a 5km or 10km distance. Entry fees are included in the camp cost. The tentative start time is 8:30am. More information on that particular swim to follow. The course may be adjusted if needed. The swim may be cancelled if organisers feel that it is not safe for the participants.

IMPORTANT!

The camp officially ends on Saturday 12th June after lunch. If you would like to stay on the island longer, you must arrange your own accommodation from Saturday forward.

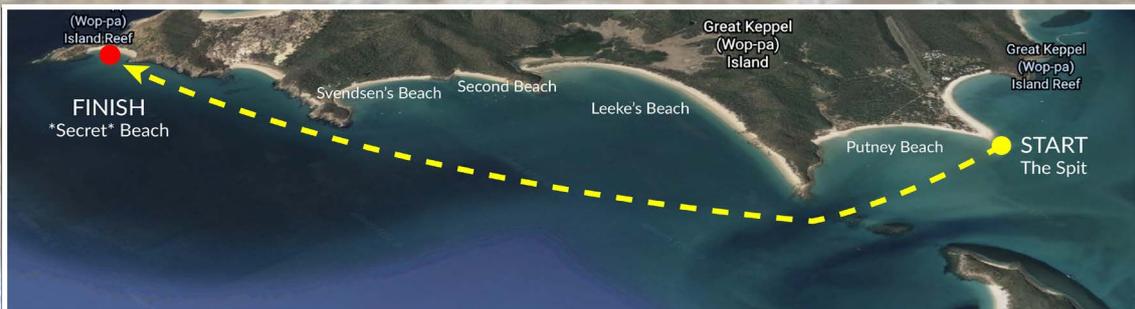
There is a running/hiking event taking place on Sunday morning. For more information, please visit **The GKI Trail Run**. I (Val) have done it last year and truly enjoyed the experience...just hiking, definitely not running! It gives you a different perspective of the island. In order to book your accommodation at the Hideaway Saturday night, you must register for the event, as the place is fully booked for participants.

Any questions, please Email: admin@swimaroundkeppel.com.au

Swim Courses

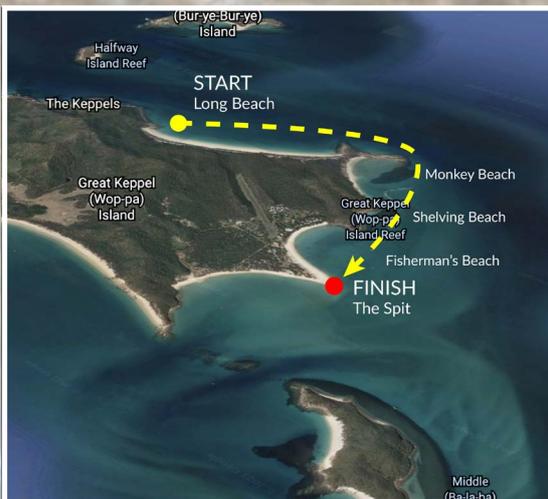


GREAT KEPPEL ISLAND



10AM, THURSDAY 10th JUNE

~6km Swim from The Spit to *Secret* Beach for Lunch



7.30AM, FRIDAY 11th JUNE

~8km Swim from Long Beach to The Spit



8.30AM, SATURDAY 12th JUNE

Official 5/10km Swim Around Middle Island

“

**Nothing beats time spent
swimming at Keppel!
The crew go out of their way
to make your time there very
well spent and magnificently
memorable.**



STUART DONNACHIE

BRISBANE, QLD

Open Water Adventurer

Getting Here

OUR LOCATION

Great Keppel Island is located on the Tropic of Capricorn off the coast of Yeppoon on the Southern Great Barrier Reef.

BY AIR

Great Keppel Island is serviced by **QANTAS** and **Virgin Airlines** at the **Rockhampton Domestic Airport (ROK)**.

From the Rockhampton Airport guests can arrange transfers via **Young's Bus Service**, car rental (all major rental companies operate from the Rockhampton Airport), or private transfers. Please email us at admin@swimaroundkeppel.com.au to arrange transfer to Rosslyn Bay Harbour if needed.

These transfers will take you directly to **Keppel Konnections** departure jetty at **Keppel Bay Marina** where our ferry will transfer guests to Great Keppel Island in 30-40 minutes. Please ensure you allow yourself 2hrs from flight arrival to ferry departure time.

Helicopter and light aircraft services are also available during daylight from Rockhampton Airport direct to Great Keppel Island.

Heli-Central (Helicopter) Ph 0413 275 773

Peace Aviation (Light Aircraft) Ph 07 4922 7055



 **BY ROAD**

Yeppoon and the Capricorn Coast can be accessed via the Bruce Highway which covers the East coast of Queensland from Cairns to Brisbane.

Depending on conditions, driving time from Brisbane is approximately 9 hours North to Rockhampton/Yeppoon and 12 hours South from Cairns. Regular coach services also operate into Rockhampton.

From the Rockhampton Bus Depot guests can arrange transfers via Young's Bus Service (view **timetable**); car rental (all major rental companies operate from Rockhampton), or private transfer.

These transfers will take you directly to Keppel Bay Marina, where a connecting ferry will transfer guests to Great Keppel Island in 30-40 minutes. Please ensure you allow yourself 2hrs from coach arrival to ferry departure time.

Passengers driving to Yeppoon: Keppel Konnections check-in is located at Keppel Bay Marina, Waterline Way, Yeppoon QLD 4703 – RED Jetty – Small green Ticket office at top of the jetty.

Is there Secure Parking at Keppel Bay Marina? There is a well-lit regulated car park right beside Keppel Bay Marina departure terminal. Great Keppel Island Security Carpark is also available and offers courtesy pick-up and drop-offs to the ferry terminals Ph 07 4933 6670.

 **BY RAIL**

Regular daily train services depart from Brisbane heading North and from Cairns and Townsville heading South. A Yeppoon Transit Coach Service is available from Rockhampton Rail Station with launch connections from Keppel Bay Marina to Great Keppel Island.

For train timetables, contact your travel agent or **Queensland Rail** on 07 3235 1323 or view the **Tilt Train timetable** (Brisbane to Rockhampton).

Private Transfers are also available from the Rockhampton Station.

“

Not only was I able to participate in a marathon swim in Queensland, but my family and I also had the opportunity to stay on a beautiful tropical island.



JOEP BUIJS

BRISBANE, QLD

*Represented the Netherlands in the
2000 Masters World Championships
Solo 2020 Rottneest Channel Swimmer*

Staying Here

GREAT KEPPEL ISLAND HIDEAWAY

Warm Water Campers will enjoy tropical cabin-style accommodation at Great Keppel Island Hideaway.

ISLAND CABINS

Island Cabins are nestled amongst sub-tropical gardens and are a short stone's throw to the beach and the main reception area.

All cabins are ensuite, air-conditioned, and have a basic kitchenette space for self-catering which includes a full size fridge/freezer, toaster, kettle, microwave, and electric fry pan.

Each cabin has a queen bedroom & 2-4 single beds or bunks, dining table and chairs (or picnic table & chairs outside), and an outdoor paved/deck area.



GARDEN ROOMS



Situated on the other side of the footpath from the Island Cabins, GKI Hideaway offers motel-style ensuite garden rooms, each with air-conditioning, and tea/coffee facilities including a small bar fridge.

Linen is provided (pillows, sheets, blankets and bath towel, you just need to bring a beach towel). Toiletries are not supplied, other than a cake of soap.

Whilst this accommodation option does not include self-catering facilities, it is only a short five minute stroll to the Hideaway Bar & Bistro.

Dining Here

GREAT KEPPEL ISLAND HIDEAWAY

Grab a coffee-to-go or sit back and enjoy a delicious meal at the Great Keppel Island Hideaway Bar & Bistro.

DINE IN PARADISE

The Great Keppel Island Hideaway Bar & Bistro is open daily for breakfast, lunch & dinner, and offers uncomplicated menus* reflecting the relaxed atmosphere of the island.

Relax and enjoy the magnificent tropical vista overlooking pure white sand and the crystal clear waters of Keppel Bay with a backdrop of national park islands and the mainland in the distance.

*Menus are seasonal and subject to change

the hideaway

Breakfast Menu

Eggs your Way 🍳
Eggs cooked to your liking served with Sourdough, Roast Tomato and Bacon.

Eggs Benedict 🍳
2 Eggs served on Sourdough with ham or bacon on a bed of Spinach finished with Hollandaise Sauce. Change to Salmon.

Smashed Avo 🥑
Fresh Guacamole with Dilliah on sourdough finished with Balsamic Glaze. Add 2 Eggs \$5. Add Bacon \$5.

Bacon & Egg burger 🍔
Lightly toasted burger bun with bacon, fried egg, hashbrown, cheese finished with BBQ and Hollandaise sauce.

Corn Fritters 🌽
Fresh traditional Corn, spinach and shredded corn salsa & breaded glaze & hot sauce. Add Bacon \$5. Add 1.

Big Breakfast 🍳
Eggs cooked to your taste. Multigrain Cheese, Bannock and Hashbrown. Add 120 gm. Oats.

Cereal Cru 🥣
Your choice of cereal with fruit.

Belgium 🍷
2 Waffles & maple berry. Add Ice O.

Lunch Burgers
Choose between our different burgers, all served in our Hideaway Rustic Burger Bun & Chip. Extra Bacon \$4 | Extra Cheese \$2. Make it Double Beef / Chicken / Veggie for \$6.

- **Wagyu Beef Patty** 🍔
Cheese, Lettuce, Tomato, Red Onion, Dill Pickle, Aioli and BBQ Sauce.
- **Veggie Patty** 🍔
Lettuce, Tomato, Red Onion, Dill Pickle, Red and BBQ Sauce.
- **Grilled Chicken** 🍔
Cheese, Lettuce, Tomato, Red Onion, Dill Pickle, Honey Mustard Sauce.
- **The Big Mashed** 🍔
Cheese, Lettuce, Tomato, Red Onion, Dill Pickle, Capex Mayo.

Fish Tacos 🐟
2 Nuggets of Juicy Local Mackerel on Mini Nuan Bread with Cabbage and Fresh Corn Salsa topped with Homemade Tartar Sauce.

Smokey BBQ Wings 🍗
8 Chicken Wings served with Chips and a side of Aioli.

Fish and Chips
Patterned on our local Keppel & Crunchy Lemon, Sun, Chips and Hot.

Caesar Salad
Boiled Egg, Bacon Bits or Fried Ch. Cheese, Car Lettuce and Crouton D. Add Chicken \$6. Add Extra Bacon.

Rustic Fries
Rustic Fries with a side of Home available from 11:30 till 8 pm.

Loaded Fries
Cheese and Gravy available from 11:30 till 8 pm.

Fresh Oysters
8 Fresh Oysters supply day. 6 Fresh Oysters supply day served on Ice with Lemon.

Starters

- Bruschetta** 🍷
2 Slices of Sourdough with Fresh Tomato Garlic Mix, Red Onion and Fresh Garden Basil, topped with Balsamic Glaze.
- Sourdough Cob Loaf** 🍞
Rustic Sourdough with Confit Garlic Oil and Sun Salt. Add Cheese \$2. Add Bacon \$4. Add Jalapeno \$5.
- Black Hummus** 🍷
3 Slices of Sourdough, Black Tahini Hummus, Fried Chickpeas and Dilliah.
- Fish Tacos** 🐟
2 Nuggets of Juicy Local Mackerel on Mini Nuan Bread with Cabbage and Fresh Corn Salsa topped with homemade Capex Mayo. Add Extra Toss \$6.
- Thai Beef Salad** 🍷
Homemade Noodle Salad with Mixed Greens, Cherry Tomatoes, Cucumber, Red Onion, Mint, Coriander and Thai Marinated Beef Strips.

Dinner Menu

From the Grill 🍷

- Char-Grilled 250g Ramp Steak** 🍷
served with a side of garlic mash, broccolini and a side of garden salad, topped with gyoza, mushroom sauce or peppercorn.
- Grilled Australian Lemon Pepper Barramundi** 🍷
served with chips and crunchy lemon slaw and a side of capex mayo.
- Stuffed Chicken Breast** 🍷
Tender Chicken Breast filled with a Creamy Cheese, Prosciutto & Salmon mix, with Basil Pesto Cream Sauce served with Sweet Potato Puree, broccolini and a side salad.
- Chef Burger** 🍷
Wagyu Beef Patty with Homemade Curry Aioli, Rocket, Red Onion, Cherry Tomatoes, Shaky Cheese and Jalapeno on our Hideaway Bun, served with Chips and a side of Curry Aioli.

Fresh Oysters 🍷
8 Fresh Oysters supply dependent. 6 Fresh Oysters supply dependent served on Ice with Lemon and Sauce.

Sides 🍷
1 Chip / Garden Salad / Vegetables /

PEANUTS 🥜 EGG 🍳 GLUTEN 🌾 MILK 🥛 VEGAN 🌱

All extras must be added to main meal.
extra Bacon \$5 | extra Guacamole \$5 | Fresh Avo \$5
extra Mushroom \$5 | extra Tomato \$5 | extra Hashbrown \$5 | extra Sauce \$2 | change to GF \$2



Keppel Islands Swimming Association

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THANK YOU TO OUR SPONSORS

