



**CITY OF DERBY
SWIMMING CLUB**



Swim camp 2016

**24th October – 31st October
Fuerteventura**

Have a go – you never know



Where are we going

OASIS PAPAGAYO SPORTS RESORT, CORRALEJO, FUERTEVENTURA - BRAND NEW 50m POOL

Sports Abroad have been working in partnership with the Oasis Papagayo Sports complex in Fuerteventura to try and create the perfect warm weather swimming training facility. The facility is located in the beach resort of Corralejo in the north of the island. With sunshine all year round and everything located on-site and within walking distance, the Oasis Papagayo provides the very best environment for warm weather training.



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The Resort

The resort, which is just 1.5 km from Corralejo Beach, offers a brand new 6 lane heated 50m pool with starting blocks, anti wave lane ropes, pace clocks and backstroke flags.

The swimming pool forms just part of a larger sports complex with tennis courts, gym, sauna, bowling alley, spinning classes, aerobics, volleyball, bike hire and much more. There is also a supermarket, an a-la-carte restaurant, buffet restaurant and a sports bar on site.

Nearby, there are a number of shops, bars, restaurants and entertainment facilities in the Papagayo Commercial Centre and next door lies the Baku water park; the only water park on the island.

Teams will stay in one or two bedroom apartments with a living room, TV and private bathroom. Each apartment also has a small kitchen area with a fridge, hob, toaster, microwave, kettle and kitchen utensils.



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Flight details

We fly out of Birmingham Airport on Monday 24th October, flight time is 06:40. Details will follow, but parents are asked to drop swimmers at Birmingham Airport. We will meet together Terminal (Departures)

We fly back into Birmingham Airport on Monday 31st October, scheduled to land at 22:45. Again we ask that parents collect swimmers from the Arrivals Terminal

All Swimmers, Coaches and Team Managers will travel in camp t-shirt, which is being sponsored by Chris Parlour (Corporate Travel Plus), and City of Derby Hoodie. Everyone can wear what they want on the bottom half, but must be comfortable to travel in.

Everyone is limited to 15kg for their main bag which must contain their net kit bag, and a hand luggage bag, which must be no more than 5kg. The hand luggage must contain a small towel, goggles and swimsuit, as a minimum.



Swimcamp

This is not a holiday, it's a valuable part of the training programme for all swimmers, not matter which squad. We want everyone to have fun and enjoy themselves, but everyone is expected to work hard and make the most of the warm weather training.

All inclusive – whilst food and drink are unlimited, there will be some rules:

- Water, Milk and fruit juice will be unlimited. **Fizzy drinks will be strictly limited to one at lunch and dinner**
- **Chips are limited to once a day – if you have them at lunch then none at dinner**
- **Desserts/Pastries – limited to one per meal.**
- **Ice Cream – counts as dessert (not an option as a snack)**



Cont.....

During the week swimmers will participate in 10 two hour swimming training sessions, which will be 7-9am and 2-4pm. In addition there will be a gym session after each afternoon session. There will also be other challenges throughout the day, potentially including some work on the beach. They are likely to cover in the region of 50km-60km in the pool.

During the evening swimmers will do some team building activities.

There will be some free-time but this is limited, and there will be one day off during the week, when as a group we will go to the Waterpark next door which costs £20.

Swimmers will be in rooms of three, four or five; they will be told upon arrival who will be in each room. We have requested that we are all over one floor, but swimmers will all have Team Managers numbers if there is an issue. Girls will not be allowed in Boys rooms and vice versa, but they can socialise in communal areas.



Payment Schedule

April - £150

May 31st - £200

June 30th - £200

July 31st - £200

August 31st - £150

September 24th - £75

Total Payable - £975



Attendees

Ethan Billinge
Molly Cooper
Donal Hay
Abbie Hulbert
Abi Mason
Joel Muir
Ed Spink
Kyle Swannick
Emma Tyers
Abbie Williamson-Sheehan

Greg Butler
Guy Farnsworth
Sian Heap
Nat Layton
Ellie Middleton
Rhiannon Owen
Campbell Stephen
Megan Thomas
Maggie V-N

Lauren Clark
Angelina Freeman
Millie Hibbs
KeAnne Lonsdale-Ellis
Max Morris
Heather Parlour
Michaela Stephen
Krissy Tomlinson
Georgina Walker
Sophie Yendell

Evan-Ross Coggins
Amy Grant
Jensen Hulbert
Angus Macpherson
William Morris
Gabby Robinson
Tia Stirland
Abbey Turnbull



Groups

Whilst on camp each swimmer will be put into one of four groups. They will have a designated Team Manager who they can go to if they have any problems or concerns.

Groups 1 & 2 will be boys and will be looked after by Danny Stirland and Rich Tomlinson

Groups 3 & 4 will be girls and will be looked after by Grace Vivian and Kirst Billinge

Mel will be going as Head Coach, but will not be looking after a group directly, but will be overseeing the camp.

In addition Kirst will be First Aider whilst we're away.



Spending Money

Everyone will need a little spending money, for the day trip to the water park 25Euros(£20) and for some snacks. We will be going to the on site supermarket to get light breakfast snacks, for pre-training. Full breakfast will be available after the morning training session. We ask that swimmers bring no more than 100 Euros.

It would be a good idea to bring some English money too, for Breakfast at the airport prior to our departure flight, no more than £25.



Anything Else

Hopefully we've covered everything, but if you do have any questions then please do not hesitate to email kirstgal@yahoo.co.uk or text/call 07702 946674

Do one thing everyday that challenges you