

**Great Britain Senior Women's Water polo
Training Camp
Zeist, Holland
21st - 27th June 2004**

Team Staff: Sarah Dunsbee (Manager)
Nick Hume, Sue Langston, (coaches)
Penny Porter (Physiotherapist)

Athletes:

1. Tara Smith
2. Kate Lewis
3. Angela Winstanley Smith
4. Hannah Wild
5. Fiona McCann
6. Stephanie holme
7. Fran Leighton
8. Helen Dacre
9. Siobhan Winter
10. Bernice Cowton
11. Larissa Davies
12. Chloe Wilcox
13. Laura Evans

Date first & final team names confirmed with office (office use only):	17 May & 17 June 2004
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ASSEMBLY Independent assembly					
Flights	Excellent	Good	Satisfactory	Fair	Poor
Airline/s used:	KLM, Easy Jet				
Airport/s used:	Heathrow, Bristol and Liverpool				
Comments (if any - please keep brief): No problems with flights, Unfortunately Nick Humes baggage did not arrive on return flight					

Office Response

KIT & DISTRIBUTION					
	Excellent	Good	Satisfactory	Fair	Poor
Comments (if any - please keep brief):					

Office Response

ACCOMMODATION					
Rooms	Excellent	Good	Satisfactory	Fair	Poor
Location (From pool and other facilities)	Excellent	Good	Satisfactory	Fair	Poor
Meals/Food	Excellent	Good	Satisfactory	Fair	Poor
General Service	Excellent	Good	Satisfactory	Fair	Poor
Accommodation name, address and contact numbers: The Seminar KNVB Hotel, Sportcentrum Zeist, Woudenbergseweg 56, 3707 HX, Zeist. Tel: +31 343499317					
Comments (if any - please keep brief)					

Office Response

TRAINING & COMPETITION VENUE					
Location (From hotel and other facilities)	Excellent	Good	Satisfactory	Fair	Poor
Facilities	Excellent	Good	Satisfactory	Fair	Poor
Access	Excellent	Good	Satisfactory	Fair	Poor
Optional support Services (access to sports science etc)	Excellent	Good	Satisfactory	Fair	Poor
Venue name, address and contact numbers: Marjan - knvbsportcentrum@zonnet.nl. Pool Tel: 31 343491827					
Comments (if any - please keep brief): Excellent 25x30 metre pool.					

Office Response

ADMINISTRATION					
Communication With office	Excellent	Good	Satisfactory	Fair	Poor
Information from Organisers	Excellent	Good	Satisfactory	Fair	Poor
Comments (if any - please keep brief):					

Office Response

USEFUL INFORMATION - anything regarding the competition, location, venue etc that may be of interest to future team managers, ie banks do not open on a Tuesday or females are required to cover heads in public places.
 Extremely good value for money and excellent training venue.

COSTING (For use by Water Polo Team Managers controlling own budgets only)
 Flights £2600
 Hotel/sundries at £3100
 Sundries £500

Coaches Report

Zeist was the first opportunity in nearly a year to play some competitive international games. Our senior women played the Dutch junior team in a series of friendly training games and competitions. The standard of the competition was perfect for us as the Dutch juniors had played the previous weekend in a tournament against the French and Czech senior women in which they lost to the French 9-8 and beat the Czechs 12-8. We play both teams next week in the B Championships.

With such a long time since organised competition the camp was always going to be a development exercise and we concentrated in working on defence. We started slowly losing the first three competitive evening games 12-8, 10-7 & 8-6. However we then won the next two 7-5 and 5-4. The pleasing aspect of the week was continual reduction in number of goals scored against us in each game. Furthermore the match stats showed continual improvement with extra man defence percentage and reducing the number of kick-outs conceded.

It was noted that the players were not used to this level of physical exertion for a sustained period, however due to the increased training over the past 9 months we saw two major improvements, firstly that there were no major injuries or 'breakdowns' and secondly the skill level and execution of play was far higher (especially when tired) than I had previously seen.