

**British Swimming
2004 National Breaststroke Camp
Malta, 19 – 26 September 2004**

Staff

Ian Wilson (Team Manager); Graham Bassi (Head Coach); Andrei Voronstov (Skills Coach); Russ Barber; Stuart McNarry; Louise Clayton; Andrena Hammond (Coaches); Stephanie Lancaster (Biomechanist); Judith Allgrove (MSc Student)

Swimmers:

Jack Bates (Nova Centurian); Peter Dawes (City of Coventry); Kris Gilchrist (City of Edinburgh); Michael Jamieson (City of Glasgow); Mark McKenna (City of Manchester Aquatics); Max Partridge (City of Sheffield); Matt Shead (Beckenham); Sian Aherne (Letherhead); Sophie Allen (Lincoln Vulcans); Emily Cryan (City of Leeds); Ashleigh Forster (Chester-le-Street); Charlotte Foulds (University of Bath); Rebecca Hillis (Ren 96); Amy Konowalik (Nova Centurian); Stacey Tadd (University of Bath);

Mark Branch (North Ayrshire) withdrew from the Team on Friday 17 September due to ill health (virus and chest infection)

ASSEMBLY: Gatwick (North Terminal)	
Flights	Excellent
Airline/s used:	BA
Airport/s used:	Gatwick, Glasgow; Edinburgh; Manchester;
Comments (if any - please keep brief): Comfortable flight (~3 hrs) with light meal served. Outward flight arrived ~2030 local and returning flight arrived ~2330 into Gatwick. Ideally look to local UK internal departures in future?	

Office Response

ACCOMMODATION	
Rooms	Excellent
Location (from pool and other facilities)	Good
Meals/Food	Excellent
General Service	Excellent
Accommodation name, address and contact numbers: Forum Hotel , Triq Sant'Andrija, St Andrews, Malta Tel. 00 356 2137 4729 Fax. 00 356 2137 0324 Gatwick Moat House , Longbridge Roundabout, Horley, RH6 0AB Tel 01293 899 988 (Sun 26 Sept)	
Comments (if any - please keep brief): Ideal hotel, serving full-board. Food was nutritionally sound & plentiful. Staff were helpful, courteous and accommodating. Team was split onto 2 floors, as requested. Staff had spacious twin rooms each and swimmers shared spacious twin rooms. Local supermarket, ATM, Chemist within 10 min walk of hotel. Journey to pool varied between 10 and 15 minutes depending on traffic. Organised busses ran to our schedule between hotel and pool.	

Office Response

TRAINING VENUE	
Location (from hotel and other facilities)	Excellent
Facilities	Satisfactory
Access	Excellent
Optional support Services (access to sports science etc)	N/A
Venue name, address and contact numbers: The National Swimming Pool , Tal-Qroqq, Malta Tel:(00356) 21318251	
Comments (if any - please keep brief): Water temperature was rather cold and some swimmers suffered with this. A request was made to heat the pool by a couple of degrees, but there was a part broken in the Plant and this was not possible. Swim Training times were then adjusted on the Wednesday to start morning session a little later and afternoon session a little earlier to ensure the sun was out and the water temperature was more conducive. Some senior swimmers used the small weights facilities at the pool, with the remainder of the team partaking in core / functional stability exercises at a large conference room at the Hotel, which proved ideal.	

Office Response

ADMINISTRATION	
Communication with office	Good
Information from Organisers	Good
Comments (if any - please keep brief): Regular information and communication with Brenda Bland and key office staff. Communication was not made that Natalie Tyler had left the Department, despite her being assigned to key administrative functions post Camp.	

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.
Training Camp organised through Michael Gialanze: Email gialanze@waldonet.net.mt ; Tel. 00356-2131-6116; Fax. 00356-2133-3428 Mobile 00356-9947-5328
Public Holiday (Independence Day) – Tues 21 Sept Banks are open from 0800 – 1245 Mon to Fri and from 0830 – 1130 on Saturdays. Local shops generally open 0900 – 1300 and 1600 – 1900. Electricity – 240v (same as UK). British plugs can be used. Time difference – Malta is +1 hour ahead of UK Language – Maltese. English is widely spoken. Area code from UK to Malta – 00 356 21 + Currency – Maltese Lira (pound)

FINAL SUMMARY – any additional comments you would like to make (not obligatory).

Successful training camp. Swimmers were dedicated and focussed and rose to whatever challenges were posed by the Coaches.

All Staff worked well, supporting one another to get the best out of the Team
Coach meetings were challenging and thought-provoking – good sharing of ideas and discussion
Staff Presentations to whole group were informative and well received

Good results on test sets given

Award for best Male/Female in Efficiency Test:

Michael Jamieson (88%); Amy Konowalik (84%)

Staff voted for their Top 3 Male & Female Swimmers of the Camp. In what was a very close call for the Girls, Sophie Allen was named Female of the Camp, whilst Kris Gilchrist was a run-away winner as Male of the Camp, from which they both got a present from the Pool Shop.

Swimmers worked well together to put on the Evening Entertainment on Thursday, 23 Sept.

Team was taken out for a Pasta/Pizza meal on the final evening (Saturday 25/09) away from the Hotel, as a well done for a successful camp.

All members were asked to wear their British Swimming ID throughout the Camp, to gain access to hotel, restaurant, weigh-in, pool and gym.

One swimmer had a shoulder twinge on Day 2, but we contacted Dr Gialanze who provided anti-inflammatory tablets and cream (Olfen – 50 and Dolobene Gel) and he was fine the next day.

One swimmer had sore throat from Day 2, but gargled with salt water and was given paracetamol and throat lozenges, and training did not suffer.

One swimmer had a sore knee on the Saturday and as such was recommended not to participate in the final 2 swim sessions, so as not to aggravate things further, until the problem had been properly diagnosed at home.

A couple of staff had sore throats of which Strepsils were provided.

The Camp came well within the allocated Budget.

Thanks to British Swimming for providing both Staff and Swimmers this opportunity to attend a high calibre training camp, with a clear focus on Beijing 2008.

Ian Wilson / Graham Bassi
26 Sept 2004

Sport Science Report

Overall it was a successful training camp. The swimmers were committed and dedicated and seemed to progress well throughout the week.

Resting heart rates (HR) were recorded by the swimmers every morning and noted down by the sports scientist. For the majority of the group these were normal and did not fluctuate greatly from day to day. However, on day 2 for one swimmer an increase in HR (10 beats/min) from day 1 was observed. This was highlighted to the group coach who spoke to the athlete and towards the end of the camp, the HR had returned to the day 1 value. HR also increased on day 2 in another swimmer who was complaining of a sore throat. This swimmer was given paracetamol and throat lozenges by the team manager and by day 5 their HR had returned to the day 1 value.

A morning weight check was conducted by the sports scientist every day before breakfast. The results from this were generally ok throughout the week with no great gain or loss of weight by any swimmer. Slight decreases (approx. 1kg) were observed in a couple of swimmers from one day to the next, which may have been a result of dehydration and hence they were instructed to consume adequate fluid. Their weights returned to the day 1 value the following day, therefore there was no major concern.

Each swimmer's breaststroke skills were assessed by Andrei. This involved analysing the pull and kick, as well as their turns, dives and starts. These were videoed by the biomechanist and the comments made by Andrei were noted down and then written up as a report by the sports scientist and team manager to be given along with the video. This was highly informative as it provided the swimmer and their coach with information on what they needed to work on to improve their technique. All swimmers seemed to take on board the comments made by Andrei and tried to work on these skills during the rest of the camp.

The swimmers performed a stroke efficiency test set out by the sports scientists. Times, stroke rates and stroke counts were recorded by the coaches and the sports scientists. These results were then used to calculate the efficiency of each individual swimmer. Good results were achieved by most. The best male was Michael Jamieson (88%) and the best female was Amy Konowalik (84%). This test was performed on a second occasion on day 7, however some of the swimmers were unable to complete it effectively due to the cold temperature of the pool.

The pool temperature appeared affect the swimmers as it was rather cold. Some of the swimmers, particularly the boys had to leave the pool on several occasions to warm up. This may have affected their ability to train effectively. However the coaches felt that it was a good learning experience for them and was not detrimental to the success of the camp.

All staff were present in the team meetings which took place daily. This was a good opportunity for the coaches and sport scientists to share their ideas and discuss matters arising during the week. Comments were made on individual swimmers and the training sessions.

Many thanks to British Swimming for providing the swimmers and staff with an opportunity to attend a highly successful training camp.