

BRITISH SWIMMING MEN'S CAMP 2003
Carpentras, France
23-29 May 2003

Team Staff:

Coaches: Ian Turner, Tim Jones, Ben Titley
 Manager: Craig Hunter

Athletes:

Chris Cook, Chris Cozens, Ross Davenport, Ian Edmond, James Gibson, James Goddard, David Leith, Darren Mew, Steve Parry, Alex Scotcher, Ed Sinclair, Gregor Tait

Date first & final team names confirmed with office:	24/04/2003 & 29/04/2003
Date selection letter sent to team from office (office use only):	25/04/2003

ASSEMBLY	Office Response
Flights Outbound: On time Inbound: Delayed by 2 hours	
Airline/s used: BA	
Airport/s used: Gatwick & Marseilles	
Comments (if any - please keep brief): Dedicated group check-in at Gatwick	

ACCOMMODATION	Office Response
Rooms Good	
Location Good (7 min bus ride or 35 min walk to pool)	
Meals/Food Excellent	
General Service Excellent	
Accommodation name, address and contact numbers: Safari Hotel, 1 avenue Jean-Henry- Fabre, 84200 Carpentras. T: 04 90 63 35 35. F: 04 90 60 49 99	

TRAINING VENUE (If appropriate)	Office Response
Location Excellent	
Facilities Excellent	
Access Excellent 7.30-10.00 and 16.00-18.30	
Optional support services (access to sports science etc) Satisfactory	
Venue name, address and contact numbers: Municipal Olympic Pool, T: 04 90 60 80 00 – Mr Rodriguez	
Comments (if any - please keep brief): Excellent pool facilities but poor conditioning/weight training	

ADMINISTRATION	Office Response
Communication with office Excellent	
Information from Organisers Excellent	

USEFUL INFORMATION - anything regarding the competition, location, venue etc that may be of interest to future team manager, ie banks do not open on a Tuesday or females are required to cover heads in public places.
Shops closed of Sundays. Check public holidays

FINAL SUMMARY - any additional comments you would like to make (not obligatory).
Great training camp with a group of very dedicated and professional athletes and coaches.

TIMETABLE

DATES	Breakfast	Training		Lunch	Lunch	Training	Dinner
Friday 23/05		Arrival in Marseille-Marignane airport (T1) at 14.45				8 lanes from 18.00 to 20.00	20.45
Saturday 24/05	6.30 / 7.00	8 lanes from 7.30 to 10.00	Gym/Med ball	Coaches Meeting	12.30	8 lanes from 16.00 to 18.30	19.00
Sunday 25/05	6.30 / 7.00	8 lanes from 7.30 to 10.00	Gym/Med ball	Coaches Meeting	12.30	8 lanes from 16.00 to 18.30	19.00
Monday 26/05	7.30 / 9.00	Free Time		Coaches Meeting	12.30	8 lanes from 16.00 to 18.30	19.00
Tuesday 27/05	6.30 / 7.00	8 lanes from 7.30 to 10.00	Gym/Med ball	Coaches Meeting	12.30	8 lanes from 16.00 to 18.30 Followed by Mayor's Reception	19.00
Wednesday 28/05	6.30 / 7.00	8 lanes from 7.30 to 10.00	Gym/Med ball	Coaches Meeting	12.30	8 lanes from 16.00 to 18.30	19.30
Thursday 29/05	6.30 / 7.00	8 lanes from 7.30 to 9.30				Departure after training session to Marseille-Marignane	

All swim sessions were preceded by group and individual stretching
Team meetings were held throughout the camp as required

COACHING GROUPS

Ian Turner
Ross Davenport
Ed Sinclair
David Leith

Tim Jones
Gregor Tait
Ian Edmond
Steve Parry
James Goddard

Ben Tittley
James Gibson
Darren Mew
Chris Cook
Alex Scotcher
Chris Cozens

WORKOUTS

A log of the training sessions used throughout the week is being finalised by Ian Turner