

**Great Britain Junior Men's & England Senior Men's Waterpolo  
Training Camp  
Zeist, Holland  
2 – 8 January 2006**

**Team Manager:** Mike Yates  
**Head Coach:** Norman Leighton  
**Assistant Coach:** Jerome Read

**Great Britain Juniors:** Callum Bailey, Michael Bourne, Ben Cartwright, Ben Farrow, Chris Gilbertson, Daniel Laxton, Adam Legge, Elliot Murphy, Robert Parker, Robert Rae, Sean Ryder, Zak Sly, Joel Thomas, Chris Vang

**England Seniors:** Mark Banwell, Matthew Birch, Scott Carpenter, Andrew Crawford, Thomas Curwen, Craig Figes, Richard Leighton, Adam Scholefield, Edward Scott, Andrew Squires, David Taylor, Matthew Thresher, Daniel Williams

<b>Date first &amp; final team names confirmed with office (office use only):</b>	20 December 2005
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<b>ASSEMBLY</b>					
<b>Flights</b>	Excellent	Good	<b>Satisfactory</b>	Fair	Poor
<b>Airline/s used:</b>	EasyJet, Jet2, British Airways				
<b>Airport/s used:</b>	Luton, Leeds, Bristol, Manchester, Amsterdam				
<b>Comments (if any - please keep brief):</b> Seniors travelled from local airports. Juniors travelled 'en mass' from Luton. Some Juniors have extremely long journeys, which is not ideal preparation for start of training camp.					

**Office Response**

*All flights selected by permanent TMs for both teams.*

<b>ACCOMMODATION</b>					
<b>Rooms</b>	Excellent	<b>Good</b>	Satisfactory	Fair	Poor
<b>Location (from pool and other facilities)</b>	<b>Excellent</b>	Good	Satisfactory	Fair	Poor
<b>Meals/Food</b>	Excellent	Good	<b>Satisfactory</b>	Fair	Poor
<b>General Service</b>	Excellent	<b>Good</b>	Satisfactory	Fair	Poor
<b>Accommodation name, address and contact numbers:</b> KNVB – Sportcentrum Zeist Woudenbergseweg 56, 3707HX, Zeist. Tel: 31 343499317. web: www.knvb-hotel.nl. Contact: Robin Van Galen (knvbsportcentrum@zonnet.nl)					
<b>Comments (if any - please keep brief):</b> Accommodation adjacent to pool but miles from anywhere! Quality of food was addressed after 24 hours when bread then provided at meals.					

**Office Response**

<b>TRAINING VENUE</b>					
<b>Location (from hotel and other facilities)</b>	<b>Excellent</b>	Good	Satisfactory	Fair	Poor
<b>Facilities</b>	<b>Excellent</b>	Good	Satisfactory	Fair	Poor
<b>Access</b>	<b>Excellent</b>	Good	Satisfactory	Fair	Poor
<b>Venue name, address and contact numbers:</b> KNVB – Sportcentrum Zeist Woudenbergseweg 56, 3707HX, Zeist. Tel: 31 343499317. web: www.knvb-hotel.nl. Contact: Robin Van Galen (knvbsportcentrum@zonnet.nl)					
<b>Comments (if any - please keep brief):</b> 100m walk from accommodation to pool. Robin Van Galen – link at pool extremely helpful.					

**Office Response**

<b>ADMINISTRATION</b>					
<b>Communication</b>	<b>Excellent</b>	Good	Satisfactory	Fair	Poor
<b>with office</b>					
<b>Information from Organisers</b>	Excellent	<b>Good</b>	Satisfactory	Fair	Poor
<b>Comments (if any - please keep brief):</b> All administration dealt with by Howard Cartwright and Mark Vincenti. My role started at Luton Airport for outward journey.					

*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.**  
 Players need to take snacks and cordial.

**FINAL SUMMARY - any additional comments you would like to make (not obligatory).**  
 Excellent venue for training and opposition of appropriate standard.

# **Water Polo Coaches Report**

## **Zeist, Holland**

### **2<sup>nd</sup> - 8<sup>th</sup> January 2006**

An English senior squad of ten players and two juniors travelled to KNZB Sportcentrum (National training Venue for the Dutch squads) for the final preparation prior to the Commonwealth Tournament. The occasion was also shared with the GB Junior Squad working towards the Junior Europeans Qualifications in May 2006.

1	Matthew Birch	Rotherham Metro	GK
2	Andrew Crawford	Bristol Central	
3	Tom Curwen	Lancaster	
4	Andy Squires	Lancaster	
5	Mark Banwell	Cheltenham	
6	Richard Leighton	Rotherham Metro	
7	Adam Scholefield	Rotherham Metro	
8	Daniel Williams	Bristol Central	
9	David Taylor	Cheltenham	
10	Craig Figes	Bristol Central	Capt
11	Matthew Thresher	Bristol Central	
12	Ed Scott	Manchester, Bolton School	Jnr
13	Scott Carpenter	Sedgefield, Lancaster	Jnr

The welcome, facilities and accommodation ensured the squad had optimum training over the five day camp. The co-operation and hospitality from our hosts ensured a most excellent week of training with our own aims of the week definitely being achieved.

The purpose of the five-day training camp was to: -

- reinforce core skills and drills
- expose individuals to six hours training per day with further theory sessions
- Reinforce tactics
- Bring the team together for Commonwealth trip.

Everyday both squads trained in the 25m x 30m pool three times per day. Sessions lasted two hours each, with the evening dedicated to playing meaningful opposition. The accommodation blocks were a 2 minute walk to the pool with all meals provided within the block. Previous visits ensured the men had plenty to eat on this occasion.

Players were analysed by video and both individual feedback on core skills as well as team feedback on tactical analysis was given.

The weekend was dedicated to a tournament organized 30Km from our camp which the seniors played and won all games. Throughout the week levels of team synergy had improved, the skills had been honed, individuals had been exposed and spirit in the camp was very high prior to the departure to New Zealand.

Norman Leighton  
Coach