

LSASC Performance & Junior Development Squads

Cardiff Swim Camp

13 – 16 February 2016

TOUR BOOKING FORM

About

The club are hosting a swim camp for our Performance squads and Junior Development squad at Cardiff International Pool from 13-16th February 2016



What is venue for training ?

Cardiff International Pool. Located in the heart of Cardiff Bay a modern facility offering an impressive 50m Olympic swimming pool, 110 station gym, sauna, steam room and spa, and a friendly onsite café. Lunches will be provided at the pool.

How do we get there ?

We will once again use the services of Catteralls Coaches who will take us a group from Warwick school to / from the hotel and will also run all the transport movements through the duration of the swim camp.

Our hotel

The 4 star Copthorne Hotel Cardiff-Caerdydd is situated in a beautiful lakeside setting and offers convenient access to just 10 minutes from Cardiff International Pool Cardiff. The hotel offers a relaxed atmosphere, modern facilities and outstanding service.

Swimmers accommodation

Swimmers will be accommodated in triple rooms. All rooms are fully En-suite. Rivalled by few other hotels in Cardiff, the standard rooms at the Copthorne Hotel Cardiff-Caerdydd are welcoming and comfortable. The rooms cover 248ft² (23m²) and are well-equipped, ensuring a relaxing stay.



Food & Drink

The Hotel provides full restaurant facilities . Swimmers will take full buffet breakfast and evening meal with water / cordials provided. Lunches for swimmers will also be provided on a daily basis.

Activity

We will schedule a Go Karting trip at South Wales Karting centre during the camp at a cost of £30.00 per person .

What does it cost ?

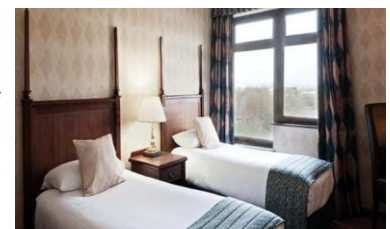
£265.00 per swimmer. A deposit of £50.00 is due to confirm the place with balance due 8 weeks prior to departure.

What's included ?

- Cost will be £265.00 per swimmer
- Costs to include :
- Return coach transport from Warwick School
- Local transfers
- Full board accommodation 3 nights
- Training – 5 x 50M long course training sessions
- Gym land training session
- Coaches / team chaperone

Who is taking the swimmers ?

Head of Performance Coach Graham Nash , along with Development Head Coach Mike Hartwell & Junior Development Coach Stuart Parker plus a female chaperone





BOOKING FORM (one per swimmer)

FORENAME (S)..... SURNAME.....

PARENT/ GUARDIAN

ADDRESS..... DATE OF BIRTH.....

.....

..... **Male/ Female.....**

TELEPHONE.....

EMAILADDRESS.....

(This is important as it will be used as primary contact)

ASA REGISTRATION NUMBER.....

**LSACS PERFORMANCE SQUAD SWIM CAMP , CARDIFF 13-16 FEBRUARY
2016**

Cost : £265.00

Please confirm by ticking box if you wish to take part in the Group karting @ £30.00 per person .The cost of karting will be applied to final invoice

Special requests (dietary requests etc .) / additional information

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I enclose a (non refundable) deposit (£ 50.00 per person) cheque for £.....(made payable to LSASC) .

Booking form must be completed and returned swimmer's coach or any committee member no later than 30 October 2015. Once we have received minimum numbers required for camp to go ahead we will process deposits .

Terms & conditions : Once we confirm the camp has sufficient numbers to go ahead deposit payments will be banked. The £50.00 deposit is non refundable. Balance due 02 January 2016 . Cancellation fees - to 02 January 2016, loss of deposit only. From 03 January 2016 to departure date , 100% cancellation fee will apply.

**If you prefer , please arrange bank transfer to: Lloyds tsb , account no. 02809268
Sort code 30-94-93**