

# Happy to be SLOW

(Stourbridge, Ledbury or Worcester)

## Long Course Training Trip to Torremolinos Monday April 13<sup>th</sup> (Easter Mon) – Friday 17<sup>th</sup> April 2009

We are excited to be able to offer this 5 day/4 nights trip to Spain to members aged 12 or over.

With 8 x 2 hour sessions in the indoor 50m pool plus land work we envisage this to be perfect preparation for the Regional Champs.

The coaches from the 3 clubs decided it would be beneficial to organise a combined trip to give the swimmers competitive training buddies and relieve the pressure for each club to provide a large number of participants. At present there are 30 places reserved and although we would like to have an even mix between the clubs, places will be allocated on a first come first served basis. Hopefully we could extend our booking if we have more wishing to travel.

There will be at least one coach from each club to ensure all swimmers will feel comfortable with adults they know.

In order to keep the costs as low as possible we are anticipating using a low-cost airline out of Birmingham which necessitates us to book quickly whilst seats are available. With this in mind we will need to have deposits to cover the air-fare (£220) to your club representative by Wednesday 15<sup>th</sup> Oct.

Viv at Ledbury is co-ordinating the bookings and she will need the name as it appears on your passport and your date of birth. This can be e-mailed to her either yourself or via your club representative;  
[viv@littlemoorcourt.co.uk](mailto:viv@littlemoorcourt.co.uk)

The hotel, transfer from the airport and swim sessions have been booked with S&C who LADASC have worked with on previous trips.

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Provisional Itinerary	
Day 1	<ul style="list-style-type: none"><li>- Flight from Birmingham (probably Monarch @ 06.40)</li><li>- On arrival in Malaga transfer to the 3* Griego Mar Hotel in Torremolinos.</li><li>- Afternoon 2 hour training session (Pool closes at 4pm)</li><li>- Evening Meal at Hotel.</li><li>- Free Evening.</li></ul>
Day 2 – 4	<ul style="list-style-type: none"><li>- 7 – 9 a.m. training session.</li><li>- Breakfast at Hotel</li><li>- Land training</li><li>- 2 hour early evening training session</li><li>- Evening meal at hotel .</li></ul>
Day 5	<ul style="list-style-type: none"><li>- 7 – 9 a.m. training session</li><li>- After breakfast check out of the hotel and transfer back to Malaga Airport for return flight most likely Monarch @ 12.00 arriving 3.45</li></ul>
Access to the S&C 24 hour emergency contact line. ATOL bonded	

All swimmers will be able to take ONE piece of luggage – max weight 20kg.

All swimmers must have travel insurance (not included).

Swimmers will need to buy lunches and water.

# £579 p.p.