



ATHLETE HANDBOOK



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**Staff at the National Training Centre for Synchronised
Swimming
Aldershot and Bisham Abbey**

National Performance Director

Biz Price

- The NPD has the responsibility for the performance of the National Teams.
- The NPD has the responsibility for the performance of the HPTC athletes.
- Program design, delivery and evaluation for all athletes at the Training Centre
- The integration of the programs delivered at Bisham Abbey and the Aldershot Training Centre
- Hiring of all Coach staff for the Training Centre
- The NPD has the responsibility for the selection document and process.
- The NPD has the final responsibility of the selection of all athletes to the National Teams.
- The NPD has the responsibility to select GB athletes for International Competitions
- The NPD will train the athletes at the HPTC with the staff.

Head Coach

- Information to be supplied in November 2008.

Assistant National Coach

Loredana (Lolli) Montico

- The Assistant Coach has the responsibility of the HPTC athletes under the supervision of the NPD and the Head Coach
- The Assistant Coach will assist with all training as directed by the NPD and the Head Coach
- The Assistant Coach will attend all training sessions of the HPTC athletes at Bisham Abbey – Strength and Conditioning/Cardiovascular/Flexibility
- The Assistant Coach will consult with the Bisham Abbey staff re: feedback of program content and delivery to the HPTC athletes,
- Participate in the annual Synchro Clinic and lead sessions in areas of expertise



Technical Program Manager

Adele Carlsen

- The Technical Program Manager is responsible for the day to day running of the National Training Centre
- The TPM is the on site athlete support manager.
- The TPM is the contact at the Centre for all scheduling and coordinating all athlete services
- The TPM will assist under the direction of the NPD in the day-to-day coaching of the athletes. Video, monitoring, stats, time keeping, coaching technical stations and any other such activities as necessary
- Participate in the annual Synchro Clinic and lead sessions in areas of expertise

Speed Swimming Coach

Ben Lafferty

- Delivery of the swimming conditioning program to all 11 athletes under the direction of the NPD
- Normal schedule is 3 x per week for 90 minutes.
- Participate in the annual Synchro Clinic and lead sessions in areas of expertise

Diving/Acrobatic/ or Gymnastics Coach to be hired to specialise in the acrobatic elements of the Routines of the athletes once their basic fitness/strength/flexibility and coordination has improved enough to be able to handle this explosive and risky component of the sport. Date to be determined for this activity following an evaluation of the first 4 months of training.

Physiotherapist and Physical training coordinator for Synchronised Swimming at Bisham Abbey

Andrew Griffin

- Continually evaluate/assess athlete's physical progress and recovery state
- Provide feedback to NPD and A. Coach re: athletes physical and recovery state
- Ensure program delivery of S and C complies with rehabilitation and Management of injuries
- Recommend training changes based on athlete's progress or lack thereof
- Travel with athletes and staff to camps and competitions
- Participate in the annual Synchro Clinic and lead sessions in areas of expertise



Strength and Conditioning Coach
Ian Durrant

- Design, implement and evaluate Strength/Conditioning and Flexibility training program for the Synchro athletes (12)
- Integrate program input from NPD/Physiotherapist/Physiologist and other medical staff
- Possible travel to camps and competitions
- Recommend training changes based on athlete's progress or lack thereof
- Participate in the annual Synchro Clinic and lead sessions in areas of expertise

Sports Psychologist
Simon Drane

- Design, implement and evaluate a Sports Psychology program for the Synchro athletes (11)
- Integrate program input from all appropriate staff
- Recommend training changes based on athlete's progress or lack thereof
- Participate in the annual Synchro Clinic and lead sessions in areas of expertise

Athlete Services Manager

Jean Watson – Role: To lead and oversee the set up of the appointments of the EIS support staff and the structure of the EIS support team for British Synchro

- To lead and oversee the EIS support staff roles within the structure
- To lead on financial requirements within the EIS support structure with regards to British Synchro

Sports Doctor
Mike Rossiter

- Evaluate, monitor, treat and refer if necessary on athletes medical needs
- Co-ordinate and advise on athletes medical needs to other staff where appropriate

Sport Nutritionist

Bronwen Lundy / Kathryn Brown

- Monitor athletes and design, implement and evaluate a nutritional programme for individual athletes
- Educate athletes in sports nutrition for training, competition, warm climates as well as in the prevention of eating disorders
- Lead group sessions
- Participate in the annual Synchro Clinic and lead sessions in areas of expertise



Lifestyle

Abi Ashby Burns

- To lead, advise and support the athletes in the following areas
- Integration of plan into lifestyle
- Living requirements
- Budget management
- Education management
- Career planning and management
- Retirement from sport
- Parental education
- Participate in the annual Synchro Clinic and lead sessions in areas of expertise

Sports Physiologist

John Woodside

- Design, implement and evaluate a Synchro physiology program for the Synchro team athletes and duet athletes)
- Integrate program input from all appropriate staff
- Recommend training changes based on athlete's progress or lack there of
- Participate in the annual Synchro Clinic and lead sessions in areas of expertise



STAFF CONTACT LIST

JOB TITLE	NAME	EMAIL	PHONE
NPD/Head Coach	Biz Price	biz.price@swimming.org	07795 965 755
Assistant Coach	Lolli Montico	lolli.montico@swimming.org	07880 566 846
Technical Programmes Manager	Adele Carlsen	adele.carlsen@swimming.org	07920 060 449
Speed Coach	Ben Lafferty	benlafferty@gmail.com	07886 289 640
Athlete Support Manager	Jean Watson	Jean.Watson@eis2win.co.uk	07796 864 859
Physiotherapist	Andrew Griffin	Andrew.Griffin@eis2win.co.uk	07506 689 811
Strength and Conditioning Coach	Ian Durrant	Ian.Durrant@eis2win.co.uk	07506 689 812
Performance Lifestyle Advisor	Abi Ashby Burns/ Marcia Bailey	Marcia.Bailey@eis2win.co.uk Abi.AshbyBurns@eis2win.co.uk	07901 635 593 07881 542 639
Nutritionist	Bronwen Lundy	Bronwen.Lundy@eis2win.co.uk Kathryn.Brown@eis2win.co.uk	07960 501 849
Doctor	Mike Rossiter	Mike.Rossiter@eis2win.co.uk anita.biswas@eis2win.co.uk	0870 759 0550
Physiologist	John Woodside	John.Woodside@eis2win.co.uk Alistair.Patterson@eis2win.co.uk	07824 628 710
Psychologist	Simon Drane	simondrane@gmail.com	07880 720 520
Bisham Appointments			08707 590 550
British Synchro Admin Officer	Amy Moss	amy.moss@swimming.org	01509 234 097

Please ring in office hours only Monday to Friday unless your matter is urgent for an appointment or session starting before 9am.



EXCELLENCE

- Excellence is not a destination but a process. A successful performance at the 2008 and the 2012 Olympic Games will come from total confidence in our preparation. Performance consistency on a daily bases will be key to achieving our desired performance.



LIFE LESSONS

Bill Gates recently gave a speech at a High School about 11 things they did not and will not learn in school. He talks about how feel good, politically correct teachings created a generation of kids with no concept of reality and how this concept set them up for failure in the real world. Your Coaching Staff have a similar outlook on life. These rules will help you understand the thinking process of the staff.

Rule 1

- Life is not fair – get used to it

Rule 2

- The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself

Rule 3

- You will not make \$60,000 a year right out of high school. You won't be a vice president with a car phone until you earn both

Rule 4

- If you think your teacher is tough, wait until you get a boss

Rule 5

- Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping-they called it opportunity

Rule 6

- If you mess up, it's not your parents fault, so don't whine about your mistakes, learn from them

Rule 7

- Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites your parent's generation created, try delousing the closet in your own room

Rule 8

- Your school may have done away with winners and losers, but life HAS NOT. In some schools they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer. This does not bear the slightest resemblance to ANYTHING in real life

Rule 9

- Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time

Rule 10

- Television is NOT real life. In real life people actually have to leave the coffee shop and go to jobs

Rule 11

- Be nice to nerds. Chances are you'll end up working for one

If you agree, pass it on

If you can read this –thank a teacher

If you're not in jail or on the streets –thank your parents



ATHLETE RESPONSIBILITY

Medical - Injury Reporting – Injury Management – Other Medical issues

If you have any past or present medical issues, it is your responsibility to inform the Medical staff at Bisham. The Doctor and the Physiotherapist.

- If any medical condition or injury impacts your training it is your responsibility to inform the Head Coach.
- It is your responsibility to ensure that you are receiving treatment from the medical staff for your injury.
- It is your responsibility to phone and attend appointments for treatments.
- Ideally these treatments will be outside training hours.

Appointments for services supplied at Bisham Abbey

- The Technical Program Manager will ensure that you have the contact information for all Staff Members. Please ensure that you contact the staff during office hours for each staff member. Staff hours will be supplied with the contact information.
- It is your responsibility to call and make appointments for all services located at Bisham Abbey. These will include, but not be limited to, Nutrition, Lifestyle, Sport Psych, Doctor, Physiological testing or monitoring.

Training Responsibility

- All session must be attend – dry land and water
- Extra Cardio session must be completed on your own time. The appropriate coach will identify the dates of these sessions.
- Injuries, please see Medical

Equipment.

The Centre will supply the majority of equipment. It is the athlete's responsibility to maintain the equipment in good working order. If any equipment is need of repair you must report it to the TPM.

The following is a list of equipment given to each athlete:



1. Goggles with MP3 Player. You will place your clubs routine music on the MP3 player along with the programs given to you by the coaching staff. Each serial number of the goggles will be recorded upon receiving of the goggles.
 2. Snorkel
 3. Fins
 4. Mats
 5. Pull Buoys
 6. Ankle weights
 7. Tubing/Bands
 8. Kick boards
- Equipment that is in use on a daily bases must be set up and taken down by the athletes on a rotation schedule.
 - Athletes are expected to supply their own nose clips, caps, and training suits. Official caps and training suits will be supplied for official functions and competitions.
 - In order to maintain a high standard of performance in all areas, a fine of £50.00 will be given for any hair or headpiece that flaps or partially comes down in any performance or competition. A £100.00 fine will be assed if the headpiece comes off.
 - The Centre will supply all Competition Suits and headpieces. They must be returned in the same condition as they were received. Replacement cost will be assessed if they are not returned, or damaged.
 - The Olympic Suit (1 suit) from the 2008 and 2012 Olympics will become property of the athletes selected for the Olympics.



Senior Team Plan – 2008/2009

Objectives for September to March 1 2009:

- Increase aerobic base
- Increase Synchro Specific fitness for Team Free/Tech and Combo
- Increase Core stability and strength in stable and dynamic positions and movements
- Increase flexibility in 3 splits and hip area
- Initiate acrobatic training for specific athletes
- Pilates reformers duet

September Team Free Choreography

Priority on Team Free Choreography 15 – 30

Team Free Combination training 8 – 12

Lab Tests - V02 Max and others

Physiotherapy screenings

Day Off TBD based on Stephan's schedule.

October – Basic Training

Selection of 10 to 12 athletes for HPTC

Team Free training

Duet Free training

Team Free Combination choreography completed for solo and duet

Team Free Combo training – high volume for 2 weeks (October 6 – 17)

Aerobic base increase

Flexibility training

Physical Training –

- 3 x per week swim workout volume to increase weekly for 6 weeks until November 14
- 400 meter tests
- Lactate test on team for Team Free
- 3 x per week strength session (7:00 – 8:45) and Saturdays – (Ian/Andrew)
- 2-3 x per week cardio session (athletes do required work on own time)

November -Training and increase synchro specific fitness

Team Free Training – high volume for 3 weeks (November 3 – 14 and 24 – 28)

Team Free Combo – training

Duet Free – high volume for 1 week (November 17 – 21)

Competition Simulations - 24 – 28 of November for Team and Combo

Flexibility training

Physical Training –

- 3 x per week swim workout volume to increase weekly for 6 weeks (swim work outs stop on November 14 and will resume post 2nd choreography camp in December)
- 3 x per week strength session (7:00 – 8:45) and Saturdays – (Ian/Andrew)
- 3 x per week cardio session (athletes do required work on own time)

December Competition FINA Trophy Cup Dec 3-7

Competition 3 – 7

Day Off on 8

Choreography Camp Dec. 15 - 21

December 9 - 13 regular training

Swim Sessions – (3 only)

Gym sessions – (6 only)

Christmas Break for senior athletes – December 24 – January 4 2009

January 2009 Training

Team Technical Choreography

Duet technical Choreography

Team Free –training –High Volume training 13 – 23 Jan

Team Combo – training – High Volume training 27 - 30

Duet Free – training

Solo Tech - training

Solo Free – training

Physical Training

- 3 x per week swim workout volume to increase weekly for 12 weeks until March 27, 2009
- 3 x per week strength session (7:00 – 8:45) and Saturdays – (Ian/Andrew)
- 3 x per week cardio session (athletes do required work on own time)
- Add acrobatic sessions for select athletes 1 – 2 x per week

February 2009 – Training

Team Technical – training – High Volume training 2 – 13 Feb

Duet technical – training - High Volume training 2 – 13 Feb

Team Free –training - High Volume training 24 – 28 Feb

Team Combo - training

Duet Free – training

Solo Tech - training

Solo Free – training

Physical Training

- 3 x per week swim workout volume and or intensity to increase weekly for 12 weeks until March 27, 2009
- 3 x per week strength session (7:00 – 8:45) and Saturdays – (Ian/Andrew)
- 3 x per week cardio session (athletes do required work on own time)
- Add acrobatic sessions for select athletes 1 – 2 x per week



2008 and 2009 Camp and Competition Calendar – subject to change

Month	Competition	Squad	Staff
2008			
October	Centre Selection camp	Current HPTC athletes and invited athletes	NPD/AC/TPM
December 5-7	FINA Trophy Cup Madrid	Team/Duet/Combo 10/12 athletes	HC/AC/TPM NPD
December 15-21	Choreography camp Talent ID Selection Camp	HPTC athletes Invited athletes	
December	Break	Athletes - December 24 to January 5, 2009	All
2009			
March 8 - 10	German Open Bonn	Solo/Duet/Team/Combo 12 athletes	HC/AC/TPM NPD/
May	Japan Open	Duet/Solo 2 - 3 athletes	HC/NPD
May/June	Centre Selection camp	Invited athletes 6 – 8	NPD/HC/AC
May/June	European Cup	Solo/Duet/Team/Combo 12 athletes	HC/AC/TPM NPD
May/June	Rome Open	Solo/Duet/Team/Combo 12 athletes	HC/AC/TPM NPD
June/July	International Camp Italy and final Selection Camp	Senior Squad 12 – 14 athletes	HC/AC/TPM NPD
July 18 – 25	World Championships Rome	Solo/Duet/Team/Combo 12 athletes	HC/AC/TPM NPD
August	Transition and Choreography camp	All HPTC athletes	
September	Centre Selection camp	All current HPTC athletes and invited athletes	HC/AC/TPM NPD
December	FINA Trophy Cup Canada	Team/Duet/Combo 10/12 athletes	HC/AC/TPM NPD

Christmas Break for senior athletes – December 24, 2008 – January 5, 2009



Senior Selection (September 8 2008 – August 31 2009)

- 10 – 12 athletes to be selected by NPD and Coaching staff at HPTC at the October 1 – 4 2008 selection camp. The number of athletes selected will be between 10 and 12 athletes based on the standard of the athletes attending the selection camp. This will be solely at the discretion of the NPD.
- The minimum number of athletes selected is 10 and the maximum number to be selected is 12.
- 2 Talent ID athletes may be added to the HPCT. In 2009 from June 1 to July 31 for the World Championships. The selection of these 2 athletes will be at the discretion of the NPD.
- The talent ID athletes selected by the NPD to the HPTC will have the opportunity to be selected to the Worlds Team and participate in International competitions. In 2009 the World Championships in Rome. Should the number of HPTC athletes exceed 12 athletes with the inclusion of the Talent ID athletes the number of athletes selected to World Championships will remain at 12. The selection of these 12 athletes will take place during the final preparation phase for the World Championships. This final selection for the Worlds Team may take place any time between June 1, 2009 and July 15, 2009.
- The criteria for selection are in accordance to the athlete handbook from September 2008.
- All athletes selected to the HPTC may be placed on probation by the NPD at any time. Conditions for the probation and return to full status or non selection will be at the discretion of the NPD

Probation

- All athletes selected to the HPTC may be placed on probation by the NPD at any time. Conditions for the probation and return to full status or non selection will be at the discretion of the NPD
- Athletes identified by the NPD/HC for probation will be notified by the NPD by letter and whenever possible at an individual meeting.
- The athlete involved will work with the NPD/HPTC staff to implement an individualised training plan to address the areas of concern and a time frame for evaluation and to be return to full status at the HPTC or removal from the HPTC.
- In general a 3-month period of probation will be given. This may change at the discretion of the NPD
- The athletes may be placed on probation for the following reasons but is not limited to:
 1. Is unable to maintain training standards as required
 2. Is unable to meet performance expectations
 3. Is unable to perform due to injury or illness
 4. Exhibits conduct that is detrimental to British Swimming



Selection to the Centre Team Routines

Selection Dates will be communicated, at times, in advance. Other selection dates may occur without notice.

The National Performance Director/Head Coach with the Assistant Coach formulates the selection committee. Input may be gathered from all staff working with the athletes and any other person the NPD considered necessary to assist in the final decision.

The **Improvement** and **Consistency** of the following factors will be considered on an on going basis and your daily training will be evaluated from an overall technical and performance perspective by all staff members.

Physiological Requirements:

- General and Routine specific fitness
- Flexibility (flat splits in the water)
- Lean and well defined athletic appearance

Technical ability based on the Team Technical and Free Routines:

- Synchronization
- Execution
- Pattern accuracy
- Height
- Extension
- Energy
- Artistic Mastery – ability to deliver through out the program
- Highlight consistency
- Routine fitness

Specific Technical Goals:

- Flat Splits (in the water)
- Mid Thigh Vertical
- Barracuda and Rocket Split at waist height
- Accuracy and on the spot spin

The Human Factor:

- Work ethic based on intensity of training
- Receiving, acting on and maintaining corrections

Compatibility with coaches and other athletes

- Same internal clock as team mates (awareness)
- Individual contribution to enhance team dynamics
- Has the ability to appreciate each team member

Psychological skills

- Focus, stress management and performance under pressure
- No curve balls prior or during the competitive performance

- Highlight performance in any position with confidence and ease even under difficult circumstances
- Confidence in own ability to correct and adapt at competition
- Ability to deal with adversity

Athletes selected to the British Synchro centralised training centre in Aldershot will be asked to leave the team and the centre for the following reasons:

- Failure to demonstrate improvement in areas identified by the NPD and Assistant Coach. Feedback will be gathered from all staff working with the athlete. Athletes will be continually monitored and feedback will be given to each athlete.
- Staff – NPD – Assistant Coach – Strength and Conditioning Coach – Physiotherapist – Team Psychologist – Lifestyle Coordinator – Doctor – Nutritionist – Speed Swimming Coach – Sports Physiologist - Technical Program Manager and any such other identified personnel by the NPD.
- Failure to attend training sessions. All athletes are expected to attend all sessions. Medical Assessment and injury rehabilitation is part of the training program.
- Failure to adhere or manage the training load.
- The athlete is not selected to the Squad at a selection camp or competition.



Athlete Talent ID Program

Criteria for athlete's eligibility: Age 13 – 18 (must not exceed age 18 in the competitive year. Comen or Junior age eligibility)

Senior athletes are ineligible athletes for this program.

Up to 4 athletes per year will be selected to receive £1000 APA by the NPD.

Talent ID athletes will be considered for selection to Junior, Senior and Comen events.

Talent ID athlete/s will automatically receive invites to HPTC Selection camps

Should a Talent ID athlete be selected to the HPTC by the NPD they will have 3 options:

1. **Full participation to the HPTC** – The athlete then becomes a full time HPTC athlete and receives the appropriate APA award
2. **Part time participation to the HPTC** – APA award at 50 % of the APA level. Amount to increase based on training at the HPTC percentage. Train 70% at the HPTC = 70% of APA
3. **APA and remain at their respective clubs.** £1000 APA level with the opportunity to be invited to the HPTC by the NPD

Option 2. Part Time Participation:

- Full participation at selected competitions (NPD to identify the selected competitions)
- Full participation at selected camps (NPD to identify selected camps domestically and abroad)
- Part time participation at the HPTC – schedule to worked out with athlete and HPD. Training hours to be determined by NPD but must not be less than 50% of pool time and 50% of dry land time. The pool hours must be completed at the HPTC in regular training hours
- Current 2008 hours are:
- *Strength and Conditioning Total time = 16 hours at 50% = 8 hours*
- *Pool time = 29 per week at 50% = 14.5 hours*
- *Minimal time allowed = 22.5 hours*
- Athlete will be considered for the HPTC routines at the discretion of the NPD/HC
- Athlete will represent GB in the Comen/Junior? Senior events depending on selection by the NPD
- Athlete may represent her club at the British Championships if sanctioned to attend by the NPD.

This will depend on the competition schedule each year.

- The athlete will be responsible to augment her training as directed by the NPD

Option 3. APA and remain at their respective clubs.

- Athletes remain with their clubs under the supervision of the NPD
- Athletes are invited to train with the HPTC on Saturdays at Bisham Abbey.
- Athletes will receive £1000 APA
- 2 Talent ID athletes may be added to the HPCT. In 2009 from June 1 to July 31 for the World Championships. The selection of these 2 athletes will be at the discretion of the NPD.
- The talent ID athletes selected by the NPD to the HPTC will have the opportunity to be selected to the Worlds Team and participate in International competitions. In 2009 the World Championships in Rome. Should the number of HPTC athletes exceed 12 athletes with the inclusion of the Talent ID athletes the number of athletes selected to World Championships will remain at 12. The selection of these 12 athletes will take place during the final preparation phase for the World Championships. This final selection for the Worlds Team may take place any time between June 1, 2009 and July 15, 2009.



Parents

Family and friends are encouraged to support you and the team at international events

It is British Swimming policy that family and friends find alternative flights and accommodation to the British Team at all International competitions. This also includes accommodation at the British Championships when the team compete as GB.



The Team Manager will communicate the arrangements with you as soon as team flights are booked and accommodation is confirmed.

Athletes will be able to meet and greet family and friends after the competition has finished at a time that the NPD/Team Manager agree too.

It is your responsibility to communicate this policy with your family and friends.

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Senior Team Schedule 2008/09

-  International Meets
-  World Championships

Waiting for confirmation of European cup
Rome open

-  International Camp
-  Time off centre
-  Selection
-  Choreography camp
-  Russians



Funding Awards Structure

The following is an outline of the proposed structure for Athlete Personal Award funding for the period September 2008 through to April 09.

The Funding Awards Structure is a 3 Level System with Levels 1 and 2 having 2 tiers of funding. The amount of funding an athlete will receive is dependant on whether the athlete has relocated in order to centralise, or remains living at home with their family.

Financial support for Level 1 and 2 athletes is for living and transportation. The funding is to assist the athletes for the day-to-day expenses. This will allow the athletes to concentrate on their athletic improvement and performances.

The total number of athletes potentially receiving awards for the 2007/2008 year is sixteen as outlined in the table below.

Level	Number of Athletes	Criteria	Amount
Level 1	2	a) Centralised duet athletes who have relocated	£7000
		b) Centralised duet athletes living at home with their family	£4500
Level 2	10	a) Centralised team athletes who have relocated	£5,000
		b) Centralised team athletes living at home with their family	£2,500
Level 3	4	a) Identified athletes as selected by The NPD	£2,000

Selection Criteria for funding

Level 1

The 2 selected centralised Duet athletes

Level 2

The 8 - 10 selected centralised Team athletes

Level 3

4 athletes will be identified by the NPD, with input from the youth development coach or the equivalent from all of the home countries and the GB Technical Synchronised Swimming Committee. Athlete potential, current fitness state including cardiovascular ability, strength and flexibility along with work ethic will be considered. Time trials and other monitoring results may be considered.

If any athlete on level 1 or 2 resigns from the National Training Centre then funding will cease immediately.

If any athlete on level 3 resigns from the sport then funding will cease immediately.

The NPD may remove funding from any selected athlete where the athlete:

1. Is unable to maintain training standards as required
2. Is unable to meet performance expectations
3. Exhibits conduct that is detrimental to British Swimming.
4. The current award structure will remain in place until 31st March 2009



ATHLETE APPEARANCE

Athletes must look professional at all times during training, competition and events.

LAND TRAINING

Appropriate Gym Wear is expected. Tight stretching gym wear should be worn in order to see the bodyline.

Crop tops are allowed. Please make sure that they are supportive with appropriate supportive underwear for high intensity worn underneath.

Shorts, leggings, gym trousers should not be rolled down below the hipbones especially when wearing crop tops or short tops

Underwear must not be on show at any time (bra straps are ok if wearing vest top/crop top).

Suitable trainers must be worn as advised by the strength and conditioning coach and the Physio.

SWIM TRAINING

No see through costumes

The costumes need to be in reasonable condition. Its time to throw the costume away when the lycra starts to disintegrate!

COMPETITION







Athletes will wear official kit as provided by Speedo

Trousers and shorts must not be rolled down past hipbones

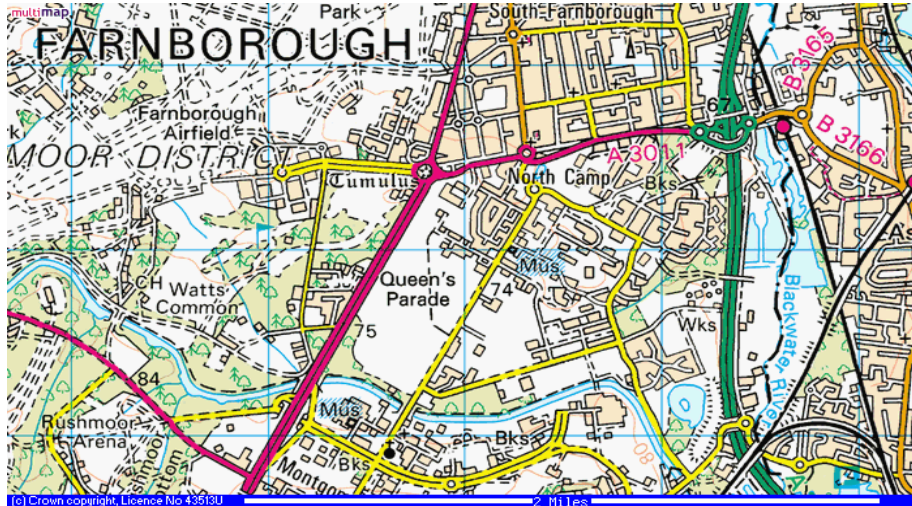
Underwear must not be on show at any time (bra straps are ok if wearing vest top)

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Centre Schedule 2008/09

-  Junior centre camps
-  Junior Competitions (international)
-  Canadian camp 3 athletes
-  **holidays**
-  **Garrison closed**
-  International coaches over

MAP



N

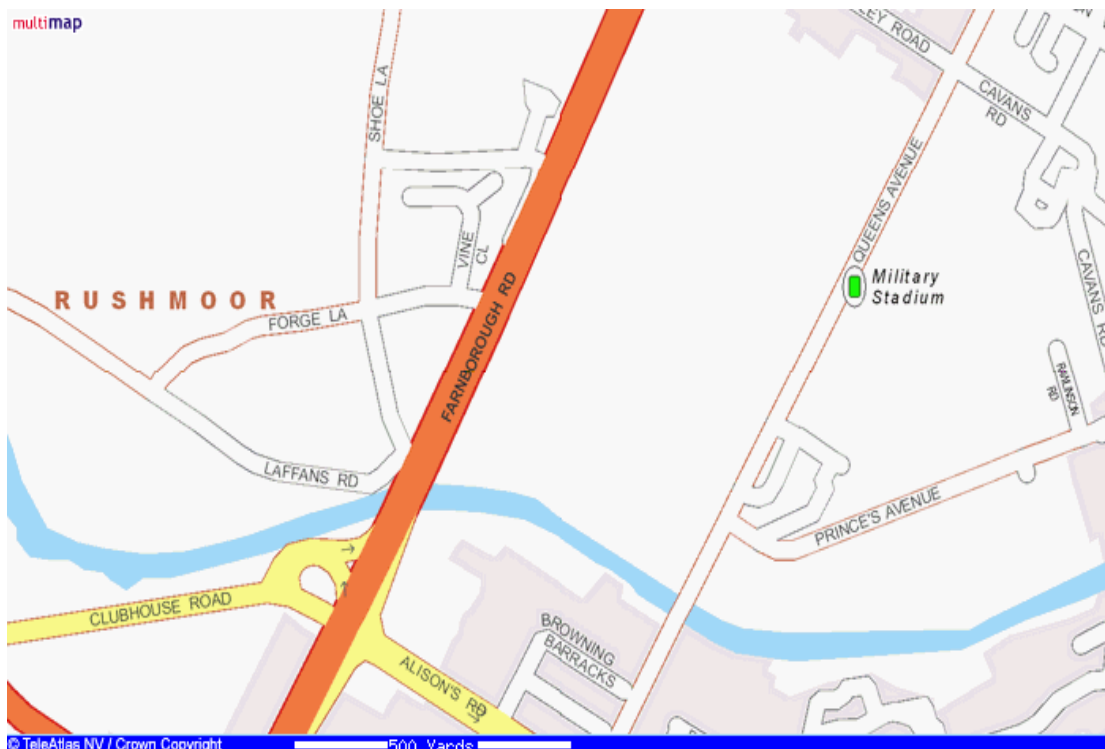
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Junction 4 from the M3

A331 towards Guildford, Aldershot, Farnham (follow birdworld sign)

A331 is the Green road on map. If coming from the M3 onto the A331 you will be coming from the north. If travelling from the A3 onto the A331 you will be coming from the south.

Come off at North Camp/Ash Vale junction and onto the A3011. At the first pink roundabout on map (where the word North Camp is written) turn left and then right at the next roundabout. This is Queens Avenue. See below



For the British Synchro Performance Centre (Garrison Sports centre) turn off Queens avenue into Princes Avenue and follow the road round into Rawlinson Road. Free car parking is available here and there are also free spaces at the Tennis Centre on Princes Avenue.