



Dear British Synchronised Swimming Athletes,

This is an open invitation letter to all synchronised swimmers in the UK with a British Passport, to attend the GB senior trials.

All athletes selected must be willing to commit to the British Synchro senior centralised training programme based at the British Synchro High Performance Centre (HPC), Garrison Sports Centre, Rawlinson Road, Aldershot, Hants, GU11 2LQ.

Phase 1 and 2: 17th to 22nd August 2009

Phase 3: 24th to 25th August 2009

The first selection phase will be from August 17th to 18th 2009. The second phase will begin on the 19th and continue to the 22nd August. Not all athletes attending will be invited to phase 2 of the selection camp. The athletes not selected will be invited to train at the HPC until the 21st August, but will not be considered for selection. Phase 3 will commence on the 24th August, 2009.

Selection will be communicated by the National Performance Director (NPD) on the 25th August.

This is a fantastic opportunity to train with World Class synchro experts focusing towards the 2012 Olympic Games.

You will meet in the Gym Hall at 7:00 am on Monday 17th August at the HPC. Please bring to the camp your swim kit, suitable gym trainers (not fashion trainers), and a notebook and pen!

You must also have appropriate gym wear, to allow the coaches to see your bodyline.

The National Performance Director, British Synchro Staff, as well as the English Institute of Sport support staff at Bisham Abbey will continually assess you. The National Performance Director will announce the senior athletes who will commence training on Tuesday the 25th August as members of the GB Squad. The date and time of the announcement will be communicated during the selection week.



The outline of the selection week is as follows:

- Monday 17th HPC 7:00 – 12:30 and 2:30 – 5:00
- Tuesday 18th HPC 7:00 – 1:00 with afternoon meetings
- Wednesday 19th HPC 7:00 – 12:30 and 2:30 – 5:00
- Thursday 20th HPC 7:00 – 1:00 and 3:00 – 5:00
- Friday 21st HPC 7:00 – 1:00 and 2:00 – 4:00
- If short listed for phase 2 and 3 the athletes will be expected to attend:
- Saturday 22nd Bisham Abbey 8:00 – 12:00
- Monday 24th HPC 7:00 – 12:30 and 2:30 – 5:00
- Tuesday 25th HPC 7:00 – 5:30

Registering for Entry

The current 11 centralised athletes and the 4 talent satellite athletes will be pre registered for entry.

All other athletes will need to register for the GB senior trials. Please contact Amy Moss by 5pm Friday July 17th 2009 if you wish to enter the GB senior trials.

amy.moss@swimming.org

The address of the High Performance Centre is:

The Garrison Sports Centre

Rawlinson Road

Aldershot

Hants

GU11 2LQ

http://www.army.mod.uk/aldershot/sport/sports_centre/

The address of Bisham Abbey is

Bisham

Near Marlow

Buckinghamshire

SL7 1RT

http://www.leisureconnection.co.uk/centre/3/77/bisham_abbey.html

If you turn left at the roundabout after the barrier, and follow the road round into the car park and the gym is based here. There will be someone at reception to guide you to the gym.



Accommodation

Please note that these arrangements are the responsibility of the athletes and not British Synchro. Travel to and from the pool and Bisham is also the responsibility of the athlete. The athletes already based at the HPC may be able to give lifts to Bisham from Aldershot.

Hotels within the area

Premier Travel Inn

<http://www.premierinn.com/pti/hotellInformation.do?hotelId=23795>

Holiday Inn

<http://www.ihotelsgroup.com/h/d/hi/1/en/hotel/fabht;jsessionid=S3OPNWJ12ZNH0CTGWAJSJBQKM0YBIIY4?firstpoint=dcb1& requestid=89499>

Please contact the Technical Programmes Manager, Adele Carlsen if you have any questions or concerns

adele.carlsen@swimming.org

07920060449

I look forward to seeing you on the 17th August,

Kind Regards

A handwritten signature in purple ink, appearing to read "Adele Carlsen".

Biz Price
National Performance Director
British Synchro