

# **EDSC EINDHOVEN TRIP**

**Netherlands Invitational 2018  
Friday 6<sup>th</sup> – Monday 9<sup>th</sup> July**

**Only 6 weeks to go**

# Money

Full balance should now have been paid. This includes:

- » Hostel accommodation
  - » All food over the weekend (Please bring a packed lunch for outward journey)
  - » Entry fees for swimming competition
  - » The team kit
  - » Eurotunnel crossing/road tolls
  - » Travel insurance (Own insurance also required)
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- We will have a busy swimming schedule so there won't be much free time but past experience in Germany suggests £30 allowance (changed into Euros) will be sufficient.
  - Your adult helper will be available to look after money before departure.
  - In the event of an emergency, club officials will have sufficient finances to deal with it.

# Timings

## Still to be confirmed

- Leave Erith around 0600 (GMT)
- Arrive Eindhoven 1300 (CET)
- Visit pool & surroundings
- Arrival to hostel for 1600

Awaiting confirmation of summer sailing times from the coach company.

We will email information at the beginning of June

# Medical information

We need to have up to date medical information on all participants.

This is not optional and we would ask that all swimmers complete and return the consent form which you'll be given this evening. This includes a medical questionnaire & dietary requirements section.

Our designated first aiders are:

**Tony Ball & Alex Wilkes**

We will carry a full first aid kit

# Communication over the weekend

Emergency contact details.....

Could everyone please email:  
[swimmingmanager@edsc.org.uk](mailto:swimmingmanager@edsc.org.uk) from your preferred email address and include an up to date mobile number?

We will post in the EDSC Facebook group to let you know when we have arrived at our destination on Friday and also confirm our expected arrival time back home to Erith Leisure Centre on Monday.

Please indicate if you would prefer to be contacted by text instead of FB on the medical consent form.

# Competition entries

- **2006 & 2007** born participants will be competing in: 100 IM, 100 BC, 100 BR, 100 FC all the 50's.  
(25m pool)
- **2005 and older** will be competing in:
- 200 IM, 200 FC, 100FC, All the 50's + 100 'coaches choice'.  
(50m pool)
- All events are HDW.
- Medals awarded for Top 3 places in each event.

# The Support Team

- Coaches
  - Michael Cook
  - Jak Newsham
- Team Manager
  - Sally Ghatauray
- Chaperones
  - Marc Hori
  - Sarah Sproston
  - Alex Wilkes\*
  - Tony Ball\*
- Poolside officials
  - Miranda Retour
  - Tracey Hayes
  - Emma Cave
  - Jon Greener

\* Also first aiders

# Officials: Don't forget!!

- Bring whites
- 2 x white tops
- Stopwatch
- Clipboard
- ASA licence



# The kit for Holland

Every swimmer has been sized up for and will be provided with:

- 1 x T Shirt
- 1 x poolside shorts
- 1 x 'Holland' swimming hat
- 1 x poolside bag

These will be available for collection on Thursday 21<sup>st</sup> June. We will be in reception between 6.30pm and 9pm.

# What should we pack?!

- – Comfortable clothes to travel in (red & black) including pool shirt and a red hoodie to create team image.
- – 2 or 3 tracksuit bottoms (may get wet but we have shorts for poolside)
- – At least 2 swimming costumes/trunks. Remember warm up costumes too!
- – 3 to 4 towels. A **chammy** for poolside would also be ideal.
- – 2 sweat shirts/jumpers
- – Underwear
- – Pyjamas
- – 4 T Shirts
- – Toiletries (including soap, flannel, toothpaste)
- – Plastic bags to keep wet items separate from dry clothes

(Please bring a poolside chair too!!)

# Luggage

Don't bring too much luggage We would recommend:

- Pack all your items into 1 medium sized suitcase or holdall (1 per person).
- Use your club sports bag/rucksack for hand luggage. Remember that this will most probably be by your feet for the whole journey

Remember to clearly label all clothes (although the t-shirts will have your names on them)

Remember to pack a plug adaptor, if required, for your own use. The support team will not have spares.

# Electronics\*

- We understand that people will bring phones and tablets with them but they are brought at your own risk.
- Please be aware that EDSC and the support team will take no responsibility for lost or damaged electronics.
- We will have a group travel insurance but we recommend that you take out personal insurance for individual possessions as they will/may not be covered under the group policy.
- *\*We do not expect swimmers to use electronics on poolside because, if they're not swimming, they should be cheering their team mates on or chatting to the other swimmers. The complex has lockers where they can be securely stored for the duration of the competition each day.*

# Passports & EHIC

Sally will be collecting these on Thursday 21<sup>st</sup> June.

She will be in the reception area between 6.30pm and 9pm.



# Fundraising & Sponsorship

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# A couple of extras.....

## **DVDs**

- Anyone wishing to take 1 or more DVD's to play on the coach, please hand these to Sally ahead of time. Your choice must appeal to, and be suitable for, all age groups. Make sure that any DVDs are clearly labelled.

## **Presents/Gifts**

- We would encourage swimmers are to meet their fellow competitors, you may wish to take a few unwanted club hats to swap for those seeking souvenirs from foreign clubs.

# Finally.....

Please remember that you are ambassadors, not only for the club, but for the country too so, whilst we want you to enjoy yourselves and have fun, we do expect a good level of behaviour at all times.



Any  
questions?

