

Barcelona Training Camp 21st – 28th October 2006

We left from Orpington at 7am on Saturday morning. It was a damp, wet morning. We travelled to Stansted by coach it took ages to get through security and much to everybody's disgust we didn't have enough time to go to McDonalds!

Some people caught up on much needed sleep on the flight (Simon and Matt). When the plane landed we were in a sunny, hot Barcelona, and we realised all the planning and organisation had been worth it!

We travelled to the Hotel by coach – We did have a slight delay as Suzy lost her case! (She then realised that that she hadn't and it had been there all along!)

The Hotel was fantastic – The food was amazing – an unlimited supply (perfect for even the hungriest of swimmers). There was even enough food for James Briggs, although even after many full to overflowing plates, he did have to take several bread rolls back to his room just in case!

Training started on Saturday evening. The pool was a 10 lane 50m open air pool. The Russian National team was training in the two lanes next to us.

During the week we had a team points system – with the teams being O's and J's. James Briggs captained the J Team and Rob Neighbour the O Team. Points were gained all week for swimming and all other organised activities.

Every afternoon we went to the Beach (a 2 minute walk) and everybody spent very active afternoons being battered by rolling waves and many attempted to body surf, followed by bouts of lying on the beach listening to Ipods. We managed to celebrate Katherine's birthday by a trip to ten pin bowling and mini golf, with a small birthday cake at dinner (difficult to get a larger one through customs).

Each day comprised of a session of land training (either on the beach or by the pool) then 2 hrs of swimming training, followed by lunch and then time on the beach with either a volleyball or football game with points to the winning teams. Training again was for two hours in the evening followed by dinner.

On Wednesday we managed to take the train from Calella to Barcelona and then the Metro to the Nou Camp – where we spent the afternoon at the football stadium (some were lucky enough to meet and be photographed with Ronaldhino!).

Friday evening culminated with a gala (which the teams took very seriously) and there were some good pb's and performances. Then after dinner, we ventured into town and as

the shops closed ate enormous ice-creams in the old part of Calella. This was followed by an entertaining game of Twister back at the Hotel.

Saturday morning we packed up and met up for a presentation. Katherine Nye won the points for the Girls and Oli Bates for the boys – they both were presented with certificates and prizes. Everyone got a medal for their dedication and perseverance for completing the weeks training camp with only a few earaches, sickness and injuries.

The J team won the points system for the week; So Rob Neighbour accepted the wooden spoon (plastic ladle) prize on behalf of the O team!

Before we came home we went to spend our last euros in Calella.

We had a wonderful week and it was a fantastic experience for all us (coaches, chaperones, and swimmers). This was made even more fulfilling by being able to train and coach in an outdoor Olympic pool in fantastic weather. Thank you to Rob Neighbour and James Briggs who were exemplary captains all week, and well done to everybody below for representing Orpington Ojays so well!

There are certain memories which will remain with all of us for a long time to come
`Briggsy` insisting on flexing his muscles! (at every opportunity)
Angelo nearly losing his trunks in the sea! (several times)
All the girls being knocked over and washed up on the beach (particularly Clare)!
Simons and Matts performance in the Gala!

Katherine Nye	Angelo Mitakos
Suzy Bavistock	Gemma Leggett
Emily Coe	James Lawrence
Hannah Hasell	Blake Lewis
Claire Folkes	James Briggs
Oliver Bates	Helena Oakes
Oliver Coe	
Rob Neighbour	

Well done to everybody – It was a great success!

Simon, Sarah and Matt

Can we also thank all of you for the cards and presents; they are really appreciated and we are really happy that you all enjoyed the week so much! Who is coming next year???