

Puyenbroek 2015 Check list and summary of arrangements

Travel arrangements are as follows:

Meet	Dover Eastern docks Booking hall	0700hrs
Sail	P&O Ferries Dover / Calais	0825hrs
	Puyenbroek – Calais is 177kms about 2hrs 15mins on the coach	
Return	P&O Ferries Calais / Dover	1850hrs
Arrive	Dover Easter Docks front car park	1930hrs

In the eventuality that we will catch an earlier ferry on our return we will text you from Calais. We will use the mobile telephone numbers on the consent forms if we are able to do this. **DON'T FORGET YOUR PASSPORT !!!!!** We will be taking some team pictures so please wear your eXcel tops for the journey.

Timetable of Events

27/28th July 2015	Long Course Training Puyenbrouke near Gent, Belgium	0700hrs Saturday June 27 <sup>th</sup>	1930hrs Sunday June 28 <sup>th</sup>	£80
	Saturday 27/6 4 x 50m lanes 1300 – 1500 snack 1530 4 x 50m lanes 1800 – 2000 dinner 2030 Sunday 28/6 0600hrs wake up and light snack / Fruit 0630 4 x 50m lanes 0700 – 0900 breakfast 0930 4 x 50m lanes 1200 – 1400 lunch 1415 Return to Calais leave at 1500hrs Arrival in Calais at 1715hrs			

**Emergency phone numbers:**

Coach Company : Guy Portal 0033 321 351379 / 0033 609 625145( mobile)  
 Swimming Pool: 0032 9342 4290  
 P&O Ferries: 01304 863000 (booking reference F19533995)  
 John Vinson 07843 287 804  
 Denise Walsh Stay at home contact: 01233 732 046 07708 579 087

**Kit List**

In addition to your casual clothes, wash bag, shampoo and overnight gear you should bring:

Minimum of three large towels

Minimum of two swimming costumes / suits

Goggles x 2

Hat

Kick board

Fins

Pull buoy

Training shoes (lace up)

Shorts

Tee shirt

Track suit

Sports socks for wearing inside the trainers!!!! (bare feet =blisters!!)

Vaseline?????

Drinks bottle x 2. (There will be facilities to make up drinks so you can bring concentrate)

10 litres of made up sports drink if not!!!

Snacks / cereal bars

£20 for food on ferry journeys

10€/20€ max for snacks in Leisure centre