

Cyprus Warm Weather Training Camp

2007 By Megan Davies

Saturday 10th February-Travelling

We all met at Westfield School at 6:30am, the weather was horrible and drizzly. Everyone was sleepy but excited. Once we were all on the coach we took the short journey to Heathrow. Half way to Heathrow most people heard a bang, the boot of the coach, where everyone's luggage was stored, had opened. The coach driver quickly got out and closed it and we carried on our journey without thinking anything of it. Little did we know that Janet's bag (the team manager) had fallen out! Luckily a kind lady had found the bag in the middle of the road and after a few phone calls Su, Heather's mum, collected the bag from the kind lady and raced to Heathrow with it to meet Janet before departure. We arrived in Cyprus after a 4-hour flight, but we all knew we had an extra 2-hour coach transfer to the hotel. When we finally arrived at the hotel we were all exhausted after the 10-hour trip. We excitedly went to our rooms and unpacked. After dinner it was bedtime. We were all very tired but many of us were too excited to sleep too well.

Sunday 11th February-First Day

It was an earlier start for everyone. We meet in the hotels reception at 6:15am. When we arrived at the pool everybody was ready to swim, especially the swimmers that hadn't been before. The 50-metre pool looked enormous and swimming even one length seemed endless to start with. After a much needed breakfast and with some free time we set off to the supermarkets to stock up on water and food only to discover that the shops don't open on Sundays! After land training we found out that an old lady was complaining and saying that we were up at 3:30am running up and down the corridors being very noisy, Janet explained that we were all in bed at that time asleep but she was obviously going to moan about everything and was upset that a group of kids were disturbing her quiet break in Cyprus. Everyone was looking forward to bed after a tiring first day.

Monday 12th February-Second Day We did our morning 2-hour session in the pool and after that everyone began to show tiredness after the four hours of swimming yesterday that we were not used to. Land training was good as we had music

on in the background to dance to as our warm up. We eventually managed to stock up on provisions at the local supermarket. By dinner most swimmers were settled in. We had some time to explore the hotel today so we now knew where everything was.

Tuesday 13th February-Third Day

We did our morning session and had land training early so we had more time for our afternoon in Paphos. We got the bus there and everyone bought lots of nice things and presents for their families. We had the choice to walk home or get the bus again but all arrived back at the hotel at different times. Everyone was glad to have the afternoon off. After dinner we had the team meeting and Terry explained about the 100x100s and a new idea, the Olympic set.

Wednesday 14th February-Fourth Day

Everyone was getting nervous about the 100x100s or Olympic set. Our swim sessions were building us up for the big swim. During our free time today, some swimmers went into the Jacuzzi, steam room and sauna. After the team meeting we had a bit of free time and some of us joined in the bingo. We were all nervous about the big swim the next day.

Thursday 15th February-Fifth Day

Today was the day of the 10,000-metre swim. Everyone did the morning session, and land training as usual. We left for the pool earlier than usual in the afternoon so we could all prepare. All swimmers were very nervous, but everyone completed the 100x100s or Olympic set (10,000 metres)! Zoe and Hollie were especially glad that they completed the 100x100s, as they did not succeed last year Lauren also was very pleased that she completed it as this is her first year. Carolyn, Shanice, Megan, Jessica and Heather all completed the Olympic set. After the 10,000 metres everyone was very tired and very hungry! So it was early to bed.

Friday 16th February-Sixth Day

Our last full day in Cyprus. Everyone was very sad but eager to get home to their families. While swimming the morning session everybody was very tired and achy. Land training that day was a lot of stretching to try to loosen up aching muscles caused by the big swim yesterday. We were joined, briefly, by another old lady from the hotel who soon gave up when it got too difficult! At the end of the afternoon session we did several fun relays, and had pictures taken of the Cyprus team 2007. Shanice, Jessica, Zoe and Heather won the relays! We had to do some packing that night so it did not have to be all done in the morning. Continues...

