

# MILLFIELD SWIM CAMP

Happiness is swimming FAST!



## CAMP INFORMATION

Millfield Swim Camp is located in Street, Somerset on the beautiful campus of Millfield School. It boasts the most impressive training facilities of any school in the country with access to both a 50 metre and a 25 metre training pool. It is a chance to train with coaches and swimmers who have worked at the National, International, and Olympic level. We offer 2 different camps with which to choose from – our 5 Day Camp from April 11-15 and our 3 Day Camp from April 11-13 which are outlined below. The camps are opened to both boys and girls between the ages of 11-15. Enrolment is limited as we want to ensure an effective staff to swimmer ratio. Enrol now to save your space!

### 5 Day Camp (Mon, April 11 – Fri, April 15)

This is a technique based camp that takes place over five days and is designed with the competitive age group swimmer in mind. It is intended for the swimmer wanting to learn elite level techniques and training skills while also learning how to prepare for their races mentally and physically.

The camp includes:

- Technique, training and dryland sessions
- Lectures and videos focused on a specific topic or stroke of the day (i.e. nutrition, visualization, butterfly technique etc.)
- A start and turn focus session
- A video analysis session where an underwater video camera will be used to examine and evaluate the swimmer's stroke more effectively
- A camp t-shirt for each participant

### 3 Day Camp (Mon, April 11 – Wed, April 13)

The 3 Day Camp is for those who want a taste of what great swimming is all about. The camp follows the same structure of the first three days of the 5 Day Camp and is focused towards technical improvement of the 4 competitive swim strokes.

The camp includes:

- Technique, training and dryland sessions
- Lectures and videos focused on a specific topic or stroke of the day (i.e. nutrition, visualization, butterfly technique etc.)
- A camp t-shirt for each participant

## COACHES

### Jolyon Finck – Director of Swimming

In just two short years, Director of Swimming Jolyon Finck has led Millfield to over 40 National Age Group and Youth medals and 9 British records. Known for his extensive international coaching

experience, he has mentored multiple swimmers to the Olympic Games, World Championships, Commonwealth Games, and European Junior Championships including most recently successful British swimmers James Disney-May and Georgia Holderness. Jolyon came to Millfield from Melbourne Vicentre Swimming Club in Melbourne, Australia – a club that is known for producing some of the top Australian swimmers including the likes of Olympic Champions and World Record Holders Grant Hackett, Michael Klim and Matt Welsh. Jolyon’s success with Age Group and Youth swimmers in Australia saw him selected as a coach to the Australian Youth National Team and has toured the world with various teams over the course of his 10 years coaching in Australia. With an SAL Gold Licence swimming qualification and degrees in Anatomical Science and Sports Performance Management, Jolyon brings a unique quotient of both art and science to his skills on the pool side.

#### Clare Blackwell – Assistant Coach, Camp Director

Clare recently joined Millfield from The Bolles School in Jacksonville, Florida where she worked with programme whose name in the States is synonymous with producing National, International, and Olympic medallists and champions. There she guided over 25 swimmers to being ranked in the top 16 in the nation for their age group either individually or as a part of a relay including 2 swimmers who were consistently in the top 3. She helped lead the high school team to another State Title and to a number two ranking nationally. The programme also had five athletes compete in the 2008 Olympic Games. Clare’s experience working with Youth swimmers is equalled by her enthusiasm and passion for coaching and she is excited about continuing her career at Millfield School.

#### Euan Dale – Assistant Coach

A former Millfieldian himself, Euan Dale returns after a 6 year hiatus in which attended Loughborough University competing on their prestigious swim team and receiving a degree in Accounting and Finance. He was a highly decorated swimmer – a double Commonwealth silver medallist, a European silver medallist and a 9-time British National Champion. To top it off, he competed for Britain in the Beijing Olympic Games, swimming in the 400IM alongside the great Michael Phelps! Euan joins Millfield from Warrender Bath Swimming Club in Edinburgh where he worked with their age group program helping lead them to the national age group top club for the 4<sup>th</sup> year in a row.

## **AVAILABILITY AND CAMP FEES**

Availability is on a first come first serve basis with limited spaces available. A £50 non-fundable deposit (applicable to camp fee) and registration form are required to hold your space. Upon receiving your deposit and registration you will receive an email confirming your acceptance to swim camp and your spot will be reserved.

Resident camper fees are £390 for the week and £220 for the mini-camp. Day camper fees are £310 and £175 respectively. Payment is due in full 30 days before the start of camp. No refunds will be made after March 21, 2011.

## **ROOM/MEALS**

Overnight campers will be housed two people per room in a residential dorm on Millfield’s campus near the pool. They will eat all their meals at the Millfield Dining Hall which will have plenty of options to ensure they get plenty to eat and maintain a balanced diet. Day campers will eat lunch and dinner at the dining hall but should come to the first session of the day having already eaten breakfast.

## **SUPERVISION/HEALTH AND WELFARE**

Experienced coaches or a member of staff will supervise campers 24 hours a day. All employees are required to have passed a CRB check before being employed with the program. They are responsible for

the health and welfare of all campers. If a camper is feeling unwell we will contact the parents or guardian concerning the problem. If it is decided that the camper should require more medical attention, an appointment will be made at the local Doctor's surgery as soon as possible.

## CHECK IN/CHECK OUT INFO

Swimmers should arrive at 2:00pm on Monday, April 11 to check in for swim camp regardless of whether they are day or overnight campers. From there we will have a meeting with the campers about the structure of the week and the policies of the swim camp, go to the pool for the first swim session, eat dinner, and have our evening speaker. Day campers should be picked up every day after the evening activity at 7:30. Those attending the 3 Day Camp should be picked up on Wednesday, April 13 at 7:30pm. Those attending the 5 Day Camp should be picked up on Friday, April 15 after lunch at 2:00pm.

\*\*For an additional fee, we can pick up and drop off campers travelling by plane from Bristol Airport. In order to arrange this please contact Clare Blackwell directly at [csb@millfieldschool.com](mailto:csb@millfieldschool.com).

## EXTRACURRICULAR ACTIVITIES

There are planned extracurricular activities each afternoon. This will include things like a trip to the cinema, scavenger hunts and other excursions. There will also be personal development and group games that take place every evening. Campers should bring £20 pocket money to cover any extra costs that are incurred during the course of the week.

## WHAT TO BRING

Swim costumes  
Goggles  
Swim Hat(s)  
Towels (at least 2)  
Trainers  
Water Bottle  
Personal toiletries  
Plenty of socks, shorts and t-shirts to wear for dryland training  
Street clothes  
Linens or a sleeping bag and a pillow (can be provided at additional cost for an international camper)  
Snacks/sport drinks  
£20 pocket money to cover any extras on excursions we go on

## TYPICAL DAILY SCHEDULE

7:10 – Wake up!  
7:30-8:00 – Breakfast  
8:15-9:15 – Dryland at pool  
9:15-11:15 – Training Session  
11:30-12:00 – Free time  
12:00-12:45 – Lunch  
12:45-1:30 – Rest in Dorms  
1:30-3:30 – Technical Session  
3:30-5:15 – Afternoon Activity  
5:30-6:30 – Dinner  
6:30-7:30 – Speaker and/or video (Day campers to be collected at 7:30)  
7:45-8:45 – Evening activity  
9:30 – In rooms  
10:00 – Lights out

# Millfield Swim Camp Application Form

ID

Surname ..... Date of Birth

First Name(s) .....

Parent / Guardian Name .....

Correspondence Address.....

..... Post Code

Tel. No. Home ..... Work .....  
Mobile ..... Email.....

**Please specify any special dietary requirements or food allergies:**

.....

**Please state any medical conditions that we should know about:**

.....

.....

Name of Doctor ..... Tel No.....

**Residential Courses only**, please state name of person(s) you wish to be **accommodated** with [if applicable]

.....

*Please select the course you wish to attend by ticking the correct box.*

<b>5 Day Camp Residential</b>	<b>(11-15 April)</b>	<b>£390</b>	<input type="checkbox"/>
<b>5 Day Camp Non-Residential</b>	<b>(11-15 April)</b>	<b>£310</b>	<input type="checkbox"/>
<b>3 Day Camp Residential</b>	<b>(11-13 April)</b>	<b>£220</b>	<input type="checkbox"/>
<b>3 Day Camp Non-Residential</b>	<b>(11-13 April)</b>	<b>£175</b>	<input type="checkbox"/>

I understand and accept all Terms and Conditions (as detailed overleaf).

**N.B. (Please sign in order for the Enterprises Office to process your application)**

**Signature**.....  
(Parent/Guardian to sign if applicant is under 18 years of age)

T Shirt Size

Small  Medium  Large  X Large

How did you hear about us?

Internet  \*Newspaper  Magazine  Friend  Mailshot  Previous Course

\*Please state which publication .....

**PAYMENT:**

TOTAL

<input type="checkbox"/>	I wish to pay a deposit of £50 per person per course	£
<input type="checkbox"/>	I wish to pay full course fees (residential) per person per course	£
<input type="checkbox"/>	I wish to pay full course fees (non-residential) per person per course	£

**A non-refundable deposit of £50 per person per course should be enclosed to secure the booking or full fees enclosed. (Please note deposit is non-refundable).**

**Cheques should be made payable to 'Millfield'.**

**Please debit my:**

**Master/Access/Visa/Switch/Solo card**

**Expiry date:** Month..... Year ..... **Valid from date:** Month..... Year..... **Issue No.** .....

**Total amount enclosed £** ..... **Security No** (last 3 digits by signature) .....

Credit Card Holder's Name (please print) .....

Signature .....

The balance of the outstanding account must be paid 28 days before commencement of the course. Failure to do so will result in your place being immediately cancelled and any monies paid retained.

*(For those paying by CREDIT/DEBIT CARD, a deposit will be taken initially, and the balance will automatically be deducted 28 DAYS prior to course).*

In line with current legislation all card details will be destroyed once all balances have been paid in full.

**Please return your completed application form, together with your payment to:- MILLFIELD ENTERPRISES, STREET, SOMERSET, BA16 0YD. Tel: 01458 444320 Fax: 01458 840584 email: [info@millfieldenterprises.com](mailto:info@millfieldenterprises.com) website: [www.millfieldenterprises.com](http://www.millfieldenterprises.com)**

<b>"TERMS AND CONDITIONS" Relating to both Residential &amp; Non Residential Courses</b>	
Accommodation:	Course members will be resident in school boarding houses and may be required to share a bedroom. Bed linen is provided but participants should bring their own towels and toiletries. No laundry facilities are provided.
Clothing/footwear:	As stated on course information/joining instructions
Joining Instructions:	Full details and course information will be sent prior to start of course.
Safety:	Regulations made for the safety and comfort of course members must be observed.
Behaviour:	Millfield reserves the right to send anyone home who demonstrates thoroughly unreasonable behaviour.
Smoking:	Millfield is a non-smoking campus and all visitors are kindly requested to comply with these regulations.
Personal loss or injury:	Millfield cannot accept responsibility for any personal loss or injury sustained by participants.
Deposit:	A non-refundable deposit to be paid on booking to secure the place.
Insurance:	Attendees are encouraged to take out holiday and medical/accident insurance to cover injury or sickness during or prior to course. You can take out your own insurance or the Activities Policy offered online through our link: <a href="http://www.millfieldenterprises.com/insurance">www.millfieldenterprises.com/insurance</a> .
Cancellation:	Millfield reserves the right to cancel the course up to 14 days before the start date if numbers enrolled have not reached the minimum requirement. A complete refund of the fee will be given or an alternative course offered.
Refunds:	Refunds will only be given in the event of the course being cancelled by Millfield. Deposit is non-refundable in all other cases once paid. Bookings not paid in full at 28 days prior to course start date will be cancelled and all fees paid retained. All fees paid will be forfeited by anyone cancelling a course within 28 days of the course start date.

Photographs: Names and photographs may be taken and used electronically for marketing purposes – objections will