

FLANDERS CUP 2019

ETHOS

To challenge students to step up in tough conditions. Students should come prepared with a race strategy, follow process, reflected rationally and enjoy and learn from the experience. This will be opportunity to watch how some of the best world conduct themselves on race day.

HOTEL

Ramada Plaza Antwerp

Desguinlei 94

Antwerp 2018

Website: <https://www.ramadaplaza-antwerp.com/>

STUDENTS ATTENDING

| | | |
|---------------------|---------|------------|
| Dimitrios Tsaliagos | Year 9 | Keens Elm |
| Alice Chan | Year 10 | Overleigh |
| Izzy Renwick | Year 10 | Abbey |
| Astrid Hannah | Year 10 | Abbey |
| Alex Sargeant | Year 11 | Mill |
| William Ellington | Year 11 | Mill |
| Polly Painter | Year 11 | The Lakes |
| Tatiana Tostevin | Year 11 | Abbey |
| Ioan Evans | L6 | JK |
| Ian Lauritzen | L6 | JK |
| Davide Arioli | L6 | Orchards |
| Huw Williams | L6 | Mill |
| Simon Sweatman | L6 | Orchards |
| Nathan McCleave | L6 | Orchards |
| William Mitchell | L6 | Orchards |
| David Chang | L6 | Etonhurst |
| Danilo Rosafio | L6 | Holmcroft |
| Ellie Kirkham | L6 | Martins |
| Sophia Wilson | L6 | Southfield |
| Rachel Anderson | L6 | The Lakes |
| Jess Podger | L6 | Martins |
| Candice Lam | U6 | Portway |
| Emma Harvey | U6 | Martins |
| Imara Bella Thorpe | U6 | Abbey |
| Abigail Hurst | U6 | Portway |
| Jakob Goodman | U6 | Orchards |
| Tom Gambold | U6 | Etonhurst |
| Hamish Skillman | U6 | Etonhurst |
| Daniel New | U6 | Orchards |
| Rupert Hague | U6 | Holmcroft |
| Jacob St Germain | U6 | Holmcroft |
| Lily Booker | U6 | External |
| Marcus Rogers | OM | |

CLOTHING

Full TYR clothing at all times. Please bring your Millfield swimming costume and Millfield green cap. Where possible please race in TYR costumes

ESSENTIAL ITEMS

PASSPORT (THIS IS A MUST)

SWIMMING EQUIPMENT

TRAVEL DETAILS

We will be leaving from school on Thursday the 17th of January through to Sunday 20st of January. We will be taking a coach from Millfield and driving to and from Antwerp (Belgium) using the Eurotunnel. Estimated timings below:

Thursday 17th - leave Millfield at 1130

Sunday 20th/Monday 21st - return to Millfield around midnight on Sunday evening/Monday morning.

Last year's we delivered students directly back to their boarding house 0040. I will send through email update during our journey back.

Whilst at the meet the hotel will be a 3min walk to the pool.

MEALS & MONEY

We will be providing the students with all the meals whilst away on the trip. Students are more than welcome to bring extra food supplies with them if needed. It is advised that students bring a small amount of money (euros) to buy any merchandise desired.

STAFF

Euan Dale (Head Coach/Team Leader) dale.e@millfieldschool.com

Matthew Puddy (Assistant Coach/Team Manager) puddy.m@millfieldschool.com

Rebecca Rhodes (Physio & Medical) rhodes.r@millfieldschool.com

Daniel Waddingham (Physical Prep Lead) waddingham.d@millfieldschool.com

EMERGENCY COMMUNICATION

Mobile: 07522 239631

MEET WEBSITE

<http://www.zwemfed.be/flanders/en/home-english>

TOUR

As with all overseas trips and tours we have filled out all the internal policy documents and appropriately covered with insurance etc.