

# 40,000m plus

## dunkerque update



**MISSION ACCOMPLISHED**

Every swimmer and adult who went to Dunkerque took another step up in their training and understanding. Everywhere you looked across the pool from the youngest to the oldest you could see swimmers focused and doing thing right.

Add to that enthusiastic coaches - many who did not even realise that they would be taking a lane until they got to the ferry!

A superb atmosphere and a brilliant integration between young and old, and I realised as Head Coach just why I got involved in this thing in the first place.

**Swimmers and coaches - YOU ARE SIMPLY THE BEST! - From John Howles**

### From the Sharp End by Ally Walker (Junior Squad Captain)

I think it is agreed by all that went to Dunkirk that it was the best training camp yet. The 50metre pool was very nice, with a leisure pool and slide. However, it was slightly colder than we are used to. The youth hostel was also great, situated right next to the beach and 100 yards from the pool.

The highlights for me were going to the beach on the third day and instead of land training, swimming in the sea. At meal times it was very funny to watch my dad, Scott, fill Blair with food as if stuffing him for Christmas! On the second evening after a long day of 6hours training, it was nice to be rewarded with a McDonalds. Blair refused a burger-after eating four portions of chips and one and a half portions of nuggets! On the last day before going home we went to the Plopsaland theme park. Although torrential rain prevented us from getting wet on the log flume it was very fun!

What made the training camp so enjoyable was the fact that we covered enough distance in the pool, but had a lot of fun at the same time. **At the end of the week we had swum 40,000metres. The equivalent of swimming the English Channel and half way back again!**

I would like to thank all of the adults and coaches who made our training camp possible and so enjoyable. So, thanks Jan, Sanchia, Diana, Dawn, Sophie, Scott and our coach John. I would especially like to thank Mick and Tim for not getting too cross with us on the last night



It's not cold it is definitely COOL MAN

Star trekkin - across the universe

### 10,000m more than Bruges last year

Heard in the supermarket in Dunkerque  
"Which lane should we go down"  
(The day our ladies got lost)  
Chlorine can have that effect on the brain - JH



Fantastic Food

"look, I'm telling you you it's not cold"