

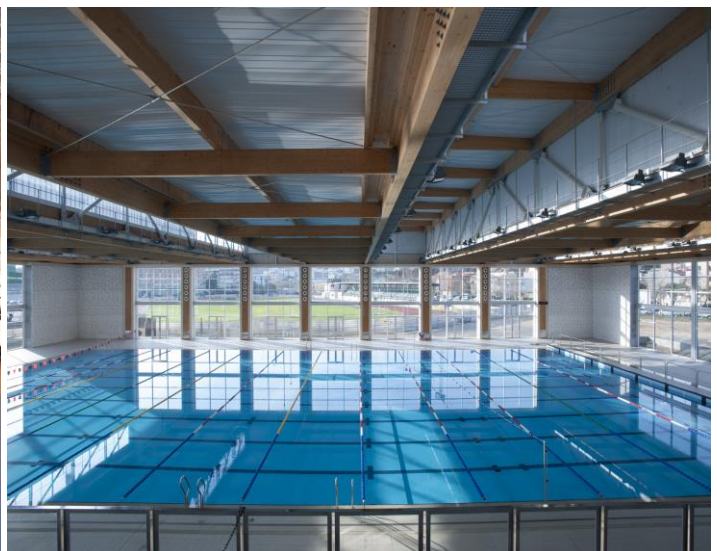


**SOUNDWELL SWIMMING CLUB**  
**Lloret de Mar, Spain 22<sup>nd</sup> – 28<sup>th</sup> October 2016**

Thank you for booking with Sports Abroad. Your training camp has now been booked and all details are shown below. Please note that any cancellations will incur the charges set out in the terms and conditions.

The coastal town of Lloret de Mar, which is located just an hour from Barcelona, offers a brand new 10 lane 50m indoor Olympic pool.

Lloret enjoys mild temperatures all year round which makes it an ideal choice for a warm weather training camp and everything is within easy walking distance. Your team will be staying at the Evenia Resort which is opposite the swimming facility.





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Lloret is now recognised as a first class multi-sports destination thanks to their superb sports zone in the town centre. The new Olympic pool is part of a larger sports facility with football pitches and athletics facilities.



The Evenia resort is made up of a number of hotels set within extensive gardens, with no fewer than six swimming pools - four of which are heated!

There is also the "Olympic Sport Club" on site which is a modern sport center equipped with a fitness suite, spinning room, weights, aerobics, squash courts, and cardiovascular activities. In addition, there is also a spa area where you can indulge in a variety of treatments.



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- TEAM** Soundwell Swimming Club
- BOOKING NAME** Rhona Phelps +44 (0) 7807877687
- CONTACT NUMBER (DURING STAY)** Jon Wills +44 (0) 7540 496454 or Paul Woodruff +44 (0) 7446 417591
- HOTEL NAME & ADDRESS** EVENIA OLYMPIC PARK\*\*\*\*  
CARRER SENYORA DE ROSSELL  
S/N - 17310 LLORET DE MAR  
Tel: +34 972 36 58 20
- SUPPORT** Sports Abroad provide every customer with support from the day of their booking through to the completion of their training camp. As you have chosen our level 1 service, a Sports Abroad representative will be available 24 hours a day by telephone (UK based) for any issues which may arise during a camp, giving peace of mind that there is someone available to help. Our 24 hour contact number is +44 (0)7793243426.
- We also have support on-site in Lloret. If your team needs any help either at the sports centre or at the hotel there are people on site who will be able to provide assistance and deal with any issues.
- The hotel reception is open 24 hours a day. Your main contacts at the reception will Tania and Keniat but you can also ask for Yolanda Andujar who is the Groups Reservation Manager. Yolanda has an office behind reception.
- The hotel staff will be able to help you for any accommodation issues, car hire or excursion requirements and medical or physiotherapy matters.
- Mònica Mas Babio will be your main contact for the sports centre during your camp. Monica is located in the Sports Office which is located within the athletics stadium next to the swimming pool. The sports office is open from Monday to Friday (8.00-15.30 h) and Monica can be contacted on +34 972367512.
- Alternatively, please feel free to contact the Sports Abroad emergency number of +44 (0)7793243426 in the unlikely event that you have any issues at the hotel or pool.



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**ARRIVAL  
TRANSFER**

**22/10/16 – BARCELONA AIRPORT – EVENIA OLYMPIC PARK HOTEL**  
Easyjet flight EZY6025 Bristol - Barcelona arriving at 1340



Your transfer is with Canals Bus.

Once you have passed through customs and collected your luggage, you should make your way to the arrivals area.

The driver will be waiting for you but isn't allowed to leave his/her bus.

**Therefore, when you are ready, please call Dani (from Canal Bus) on 0034 619 76 46 14.**

**Don't worry, Dani speaks perfect English!!**

Upon doing so you will be told the drivers name and the best place to meet it. The bus will be showing a sign with the Sports Abroad logo and "**Soundwell Swimming Club**".

Please see the separate map of Barcelona Airport which will help you locate the bus. If for any reason you still can't find the bus please just call Dani!

The transfer time to the hotel is approximately 90 minutes with an estimated arrival time of 1530.

**DEPARTURE  
TRANSFER**

**28/10/2016 – EVENIA OLYMPIC PARK HOTEL – BARCELONA AIRPORT**  
**Easyjet flight EZY6030 Barcelona - Bristol departing at 2210**

Your pick up time for your transfer from the hotel to the airport will be 1800 HRS (unless an earlier time is requested).

As it is very busy travelling to Barcelona at this time of the day we have allowed extra time



## SOUNDWELL SWIMMING CLUB Lloret de Mar, Spain 22<sup>nd</sup> – 28<sup>th</sup> October 2016

### SWIMMING

All swimming sessions will take place in the indoor pool which located across the road and directly opposite the hotel. The hotel reception staff will be able to show you where the pool is located if you have any difficulty.

As you walk outside the hotel you will see the pool in front of you. Cross the road at a safe point and head for the main reception.

When you arrive at the swimming complex just mention your team name and you will then be shown the changing rooms and how to access the pool. The staff should also show you to your allocated lanes.

The staff at the pool are very friendly and will help you with anything you need.

DATE	TIME	LANES		TIME	LANES
22/10/2016				1700-1900	2
23/10/2016	0800-1000	2	&	1700-1900	2
24/10/2016	0830-1030	2	&	1600-1800	2
25/10/2016					
26/10/2016	0830-1030	2	&	1600-1800	2
27/10/2016	0830-1030	2	&	1600-1800	2
28/10/2016	0830-1030	2			

The Olympic pool has pace clocks, anti-wave lane ropes, back stroke flags and starting blocks. Your team will also have free access to the indoor pool at the hotel.

**Please ensure that you have adequate and trained supervision on the pool side during all training sessions.**

### DRINKING WATER

We always recommend that teams purchase bottled drinking water which can be bought a local supermarket.

### GYM

There is a gym located upstairs at the swimming pool although you may also use the hotel gym. Please note that the gym can't be booked exclusively so there will be other guests using it at the same time.

### LIFEGUARDS

If there are no lifeguards on duty (either at the hotel or sports centre) please ensure that you have adequate and trained supervision on the pool side during all training sessions.



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**ROOM ALLOCATION** 1 PASSENGER IN 1 x SINGLE ROOM ON A FULL BOARD BASIS  
Room 1 - Paul Woodruff

8 PASSENGERS IN 4 x TWIN ROOMS ON A FULL BOARD BASIS  
Room 1 - Jon Wills & Alex Haines  
Room 2 - Bea Reed & Patricia Ahmed  
Room 3 - Joel Williams & Josh Keepin  
Room 4 - Bethany Ireland & Olivia Allen

9 PASSENGERS IN 3 x TRIPLE ROOMS ON A FULL BOARD BASIS  
Room 1 - Jedd Woodruff, George Williams, Daniel Ahmed  
Room 2 - Sam Johnson, Codie Foster, Jack Smith  
Room 3 - Jess Longford, Ella Theobald, Jasmine Stone

**SPECIAL REQUESTS**

**We have requested for all rooms to be located next to each. Although the hotel will try to accommodate this request it cannot be always guaranteed.**



**SAFETY DEPOSIT** There are safety deposit boxes in the hotel bedrooms which are charged at 5 euros per day.

**INTERNET** There is wi-fi internet access throughout the hotel. Wi-fi is charged at 5 euros per day, 10 euros for 3 days or 15 euros for 5 days. Please arrange this at reception upon arrival



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## MEALS

Your first meal service will be DINNER on Saturday 22<sup>nd</sup> October 2016  
Your last meal service will be LUNCH on Friday 28<sup>th</sup> October 2016

Standard Meal times:

Breakfast: From 0730  
Lunch: From 1200  
Dinner: From 1900

All meals are buffet style with a choice of fish, meat, salads, vegetables, pasta, rice and more. If you have any special requirements, please let the hotel know so they can talk to the Head Chef to make sure that they try to meet your expectations. Please note that you will not be allowed to take food out of the restaurant.

If any of meal times conflict with your training programme please notify the hotel staff at the beginning of your stay and at least the night before. They should be able to change your meal times accordingly.



## DRINKS

Drinks apart from water are not included. Please ensure that you pay for your drinks after each meal.

## SHOPS & BANKS

Lloret is a large town with numerous shops, banks, bars and restaurants. The centre of Lloret is just a short walk from the hotel (approx 10 mins) and the beach is a further 5 minutes walk.

Please see the separate map to show the route to the town centre.



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**MEDICAL**

In case of emergency at the hotel or at the swimming pool, the staff at each location will call the local doctor or for more severe cases will dial the emergency services. The closest hospital is in Blanes, which is 8km from Lloret.

The emergency services number in Spain is 112.

**DOCTOR -**  
CREU ROJA  
Carrer de Sant Jaume, 12  
17300 Blanes, Girona, Spain  
Tel 0034 972 33 00 00

Please check that all details above are correct and notify SPORTS ABROAD LIMITED of any alterations immediately and before departure.

We hope that you enjoy your time in Lloret and that you will choose Sports Abroad for your next training camp.



**SPORTS ABROAD**

*Your swimming training camp specialist*

[www.swimmingtrainingcamps.com](http://www.swimmingtrainingcamps.com)



For further details please scan the code with your