

Headington School
Oxford
OX3 7TD

25th February 2008

Dear Parents,

Rowing Training Camp 3rd -10th April 2008.

Below is an outline schedule for the Rowing Training Camp at Easter and final details.

HSOBC staff accompanying the group :- Mr R Demaine (Group Leader)
Dr Andrew Green
Miss Helen Loughran
Miss Catherine Murphy
Miss Sarah Hughes
Mr Sam Wells
Miss Amanda Parr

Schedule: Depart Headington School (Headley Way): 7:00am.

As Easy Jet may change the times of the flights we have decided to meet at Headley Way at 7:00am. We may change this closer to the time if Easy Jet change any flight details.

All girls will meet at Headley Way on the 3rd of April and will be taken on a bus to Luton. Andy Green and Helen Loughran will be accompanying them while Sam Wells and I will be taking the rather long road trip down to France with the boats.

Outgoing: Thursday 3rd April 2008	Incoming: Thursday the 10th April 2008
Depart Headington School at 7:00am. Bus to Luton. Arrive at Luton at 9:30 Check in at 11:20 Gates Close: 12:40 Flight 2031 dept at 13:20	Depart Temple Sur Lot at 12:00 Arrive at Bordeaux at 14:00 Check in at 14:30 Gates Close: 15:50 Flight 2032 at 16:30
Arrive in Bordeaux at 16:05 Bus picks up girls at 16:30 Bus to Temple Sur Lot – Approx 2 hours. Arrive at Temple Sur lot at approximately 18:00. Briefing and safety: 19:00 (Approximately 60min).	Arrive in Luton at 16:30 Bus picks up girls at 17:00 Bus to Headington – Approx 2 hours. Arrive in Headington at 19:00. Pick up for parents at 19:00 to 19:30 (Approximately).

When the girls arrive back, they will be transported from Luton to Headington by bus. At this time the journey should be take approximately two hours (girls may text) and can be collected from Headley Way when they return.

The trailer will be loaded on the 31st of March 2008. Girls attending rowing camp are expected to help load the trailer. Please can the following be given to **Mr Demaine** by the 17st of March 2008 (Please do not return it to other coaches).

E111 cards: you can get them on line at www.direct.gov.uk (7 days to process)

- **Passports (please ensure that they are valid).**
- **Residential Visit Consent Forms signed (to be returned by the 21st of March).**
- **A signed “code of conduct form” by both parents and pupils.**

Please don't hesitate to contact me if you require any additional information or if any of the details we have for your daughter change.

A few bits and pieces of information re kit, money etc

Baggage allowance is **20kg** (total weight of all bags) so be sensible when you pack. Last year, loads of girls packed too much and this caused problems at the airport. Girls may have their luggage checked on arrival at Headington. **It is your responsibility to check that your daughter has not exceeded the 20kgs.**

There **will not** be a meal on the flight out, so you will need to bring some food with you for the journey or buy it en route.

The centre does not supply towels.

In the morning, the temperature is about 6-7 degrees, so you will need some warm kit for this time. By lunch time the temperature is up to about 18 degrees and sometimes over....nice!

There will be a lot of glare off the water so sun glasses are essential. Take a baseball cap too. Sun lotion is also recommended.

Accommodation is on a full board basis so you will not need money for any meals. You will however want to bring some money for drinks and nibbles/sweets when we are out, any shopping and whatever other bits and pieces you want to buy.

You will need to include:-

Leggings	Sports socks
T-shirts	All-in-ones
Long sleeves	(hat?) or baseball cap
Fleece	Towels
Warm jacket	Swimming Kit
Trainers	Shorts
Sunglasses	Drinks bottle

That's just the rowing side!
Travel wash.

Plus

Casual gear for evenings – sweat shirt, jumper, jeans, t-shirts etc. (not posh though); Wash kit; PJs; Some spending money; Camera; Travel sick tablets if you get travel sick.....you must let me know before we go if you are not a good traveller!

That's about it. Let me know if you have any questions.

Yours sincerely

Ryan Demaine
Director of Rowing
07918 742412