



HEADINGTON

SCHOOL OXFORD

Headmistress: Mrs Caroline Jordan MA (Oxon)

8th November 2011

Dear Parents and Guardians

HSOBC Rowing Training Camp 12th to 19th April 2012

It is with great pleasure that I am writing to you with the details of HSOBC's annual rowing camp to the South of France in April 2012. We are limited to only 64 places for the camp, and so those applying will need to have already demonstrated good attendance and participation in the boat club training. **The camp is only open for J14s to seniors.**

J15s, J16s and seniors wishing to attend the camp will also need to attend the following dates prior to departing for France:

31st to 6th April 2012 - selection week (Godstow and Dorney Lake).

7th April 2012 - load trailer for rowing camp (Godstow).

Please note there will be no rowing before camp from 8th to 12th April 2012 or after camp between the 20th and 22nd of April.

Boat rigging will take place on Tuesday 23rd April followed by a short outing (4 pm to 6.30 pm).

The camp location

Once again we have chosen the *Centre Omnisports Base De Plein Aire Le Temple Sur Lot* for this year's camp. This purpose-built centre has been the venue for a number of international teams who use it as an ideal training location to develop athletes' ability and confidence.

The international standard facilities comprise of on-site accommodation, a purpose-built athlete-friendly centre, 25 kilometres of water (our stretch at Godstow measures less than 2 kms), gym and ergo access and that all important basketball court! Having used the venue for the past six years, it is clear why it has been such a popular choice among the French and English squads.

Springtime training camp signals the end of the long hard slog of winter training and allows athletes a change of scenery in which to refocus and prepare for a successful summer of racing. Travelling, training and living together for a week also ensures that summer crews are made up of good friends and trusted training partners, who will be able to work effectively in crew boats at our main regattas this year; the National Schools Regatta, Henley Women's Regatta and the Peterborough Regatta.

The training camp has traditionally been a real high point of the season for the girls and from a coach's point of view, taking athletes away to such a high standard facility enables us to clarify the season's aims, develop real boat speed and build a sense of team spirit, vital to the success later in the summer.

Training

The girls will take part in 2-3 training sessions per day on the camp, although this may vary according to your daughter's age and ability. There will be structured time for any revision or other school work which needs to be completed. We also hope to teach girls how to manage their rowing and work commitments effectively over the exam weeks in May and June.

The camp will run from **12th to 19st April 2012** during Headington's Easter holidays. We anticipate the cost of the camp will be no more than **£690** per student. This figure includes flights, accommodation, food, water usage, launch hire, coaching, transport to and from airports, travel insurance and petrol costs for transporting our boats to the location. Should we find that once all expenses are paid the total is less than that listed above, parents will be refunded the amount left over.

At least eight members of the HSOBC coaching staff will accompany the trip. The boat club is aiming to have both a doctor and a physiotherapist on the camp to ensure the wellbeing of the athletes.

To secure your daughter's place on the camp, please return the parental consent form by **10am on 25th November**. By doing so you are also consenting to the full amount of **£690** being placed on your spring term bill. Please note: once forms are returned, flights and accommodation will be booked. If girls pull out of the camp after the forms are returned, a full refund will not be available. **Forms handed in late or incomplete will unfortunately not be accepted.**

If you have any questions about the training camp please do not hesitate to contact me on 07903 728 679 or at rowing@headington.org.

I would like to take this opportunity to invite you to view the website of *Centre Omnisports* (<http://www.la-base.com/>) which will allow you to view the facilities in more detail.

I look forward to a productive and fun training camp.

Yours sincerely

Ryan Demaine
Director of Rowing