

LSASC Performance Squads

Croatia Swim Camp

28 August – 01 September 2016

Sunday 28 August

7.30 am

Coach , Johnsons , departs Warwick Boys School, Guy Nelson entrance. Please ensure you are ready at least 10 minutes prior to coach depart time.

10.00 am

Arrive London Stansted airport. Check in & bag drop . London (Stansted) to Ljubljana Easyjet (EZY 3245)

12.55 pm

Flight departs

4.00 pm

Arrive Ljubljana . Collect baggage, clear customs and coach transfer to Hotel Istra Opatija

6.00 pm

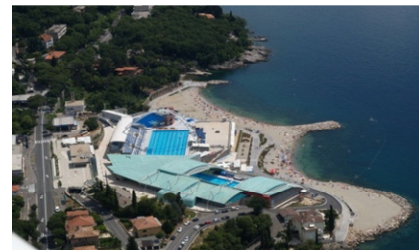
Arrive hotel . Check in hotel

7.30 pm

Dinner in hotel – 3 course buffet dinner & soft drinks provided

9.30 pm

Back to rooms, lights out 10pm



Monday 29 August

7.15 am

Full buffet breakfast in hotel

8.00 am

Transport departs for Kantrida swim complex

9.00 am

50m long course swim session, outdoor pool , 2 hours duration

11.30 am

Gym Session

12.30 pm

Lunch at pool and free time

3.00 pm

25m short course swim session, Olympic Pool , 2 hours duration

5.30pm

Return to hotel

7.30 pm

Dinner in hotel, 3 course buffet dinner & soft drinks provided

9.30 pm

Back to rooms, lights out 10pm



Tuesday 30 August

7.15 am

Full buffet breakfast in hotel

8.00 am

Transport departs for Kantrida swim complex

9.00 am

50m long course swim session, outdoor pool , 2 hours duration

11.30 am

Gym Session

12.30 pm

Lunch at pool and free time

3.00 pm

25m short course swim session, Olympic Pool , 2 hours duration

5.30 pm

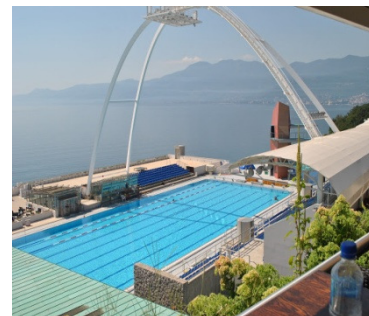
Return to hotel

7.30 pm

Dinner in hotel, 3 course buffet dinner & soft drinks provided

9.30 pm

Back to rooms, lights out 10pm



Wednesday 31 August

7.15 am
Full buffet breakfast in hotel
8.00 am
Transport departs for Kantrida swim complex
9.00 am
50m long course swim session, outdoor pool , 2 hours duration
11.30 am
Return to hotel
12.00 pm
Lunch and free time
2.00 pm
Excursion , boat trip
5.00 pm
Return to hotel
7.30 pm
Dinner in hotel, 3 course buffet dinner & soft drinks provided
9.30 pm
Back to rooms, packs bags ready for early morning departure , lights out 10pm



Thursday 01 September

7.15 am
Full buffet breakfast in hotel
8.00 am
Check out with luggage , transport departs for Kantrida swim complex
9.00 am
50m long course swim session, outdoor pool , 2 hours duration
11.30 pm
Lunch
12.15 pm
Transport departs for Ljubljana airport
2.15 pm
Arrive Ljubljana airport. Check in & bag drop . Ljubljana to London (Stansted) (EZY 3246)
4.35 pm
Flight departs
5.45 pm
Flight arrives London Stansted. Collect baggage, clear customs and minibus (to be confirmed) transfer to Warwick Boys School
8.15 pm (approx – swimmers can contact parents when know a confirmed arrival time)
Arrive Warwick Boys School , Guy Nelson entrance.



Important Itinerary Notes!

We will endeavour to keep to the timetable however times are subject to change and will be revised accordingly to best counter any issues on the advice of the flights , coach company and our suppliers throughout the duration of the Swim Camp. Any changes in itinerary will be advised either prior to departure or locally.

Important Information !

Baggage allowance: CHECKED BAGGAGE

Each passenger has an allowance of either 20 kilos when made the initial booking. Any passenger exceeding their personal checked baggage allowance will be charged for excess baggage at the rate prevailing on the day of travel. This is currently £10/€10 per kilo (or local currency equivalent). **CABIN BAGGAGE** What is my cabin baggage allowance? All passengers

ONE cabin bag Maximum size of 56 x 45 x 25cm including handles and wheels.

We **ADVISE & RECOMMEND** one bag for check in up to 20 kg (that is more than sufficient) plus a small bag to take on the aircraft (it is advisable to put minimum one swim suit plus your goggles in the carry on bag , not in your checked baggage)

<http://www.easyjet.com/en/help/preparing-to-fly/baggage>

Kit:

++ IMPORTANT ++ swimmers must travel in Leamington Blue colours
i.e. Croatia jackets, Cardiff coats, Leamington hoodies.

All swimmers to take Minimum of 2

Costumes/trunks

Goggles

Hats if Worn

Kick boards

Pull Buoys

Snorkel

Hand

paddles

Fins

Drinks bottle (water will be supplied for training sessions) Kit for land training

We recommend swimmers take 3 towels

Do' & Don't's :

- Swimmers must not leave the hotel or swimming complex without an Adult
- Door keys will be the responsibility of designated key holder
- All door keys must be handed into reception whenever leaving the hotel
- Respect must be shown to other hotel users and staff
- Boys will not be allowed into Girls rooms and vice versa at any time
- Swimmers must be in their own room by 9.30pm (10.00pm lights out)
- £100.00 maximum spending money. Local Currency is the Croatian Kuna. Exchange rate (£1.00 = 8.75 Croatian Kuna) . Parents, it is advisable to pre order your currency, Thomas Cook Leamington Spa . 0844 335 7414 or order at your bank
- 10- 20 euros would be useful for a drink /snack At Ljubljana airport prior to the return flight departure
- All phones, I pads, cameras etc are taken at parent's risk. WIFI is provided in the hotel and at Pool complex. It is advised to turn off data roaming services while abroad or expect a huge bill !
- All swimmers must ensure that they have breakfast and are on the coach on time
- Everyone will eat evening meal together at times stated

Travel advice

Entry requirements

Croatia is an EU member state. British nationals don't need a visa. You do however require a FULL passport . Your passport should be valid for the proposed duration of your stay. No additional period of validity beyond this is required.

Medical

Comprehensive travel insurance was confirmed on booking of your flights

If you're visiting Croatia you should get a free [European Health Insurance Card \(EHIC\)](#) before leaving the UK. The EHIC isn't a substitute for medical and travel insurance, but it entitles you to state provided medical treatment that may become necessary during your trip. Any treatment provided is on the same terms as Croatian nationals. If you don't have your EHIC with you or you've lost it, in first instance contact Dana Payne or Graham Nash and they will contact the Department of Health Overseas Healthcare Team (+44 191 218 1999) to get a Provisional Replacement Certificate. The EHIC won't cover medical repatriation, ongoing medical treatment or non-urgent treatment, so we have arranged travel insurance, If you have specific medical condition then please arrange for appropriate top up insurance.

Climate

It will be hot ! The Croatian coast has a typically Mediterranean climate consisting of hot, dry, sunny weather during summer. Average temperatures during summer should lie in the mid-to-high 20s °C/77-86°F, although it is more likely that you'll have temperatures well into the 30s °C/high 80s or low 90s °F. It is essential you take plenty of high factor sun block and apply liberally and on a regular basis.

Food & water

We will supply bottled water for your water bottles for training. All meals are provided and soft drinks at meal times as well . It is essential to keep hydrated through the duration of the camp - which means plenty to eat and drink !

The water is safe to drink but we recommend you use bottle water. There are also plenty of outlets near the hotel for extra food , snacks and occasional treats !

Language

English is widely spoken and understood However learn some Croatian. It's simple and basic. You'll make a good impression if you can memorise these 10 phrases in Croatian. Show them you care !

English	Croatian	Pronunciation
Hello	Zdravo/bog	zdra-vaw/bawg
Goodbye	Do viđenja	Daw-vee-je-nya
Good morning	Dobro jutro	Daw-braw yoo-traw
Good day	Dobar dan	Daw-bar dan
Good evening	Dobra večer	Daw-bra ve-cher
Good night	Laku noć	La-koo nawch
Yes	Da	Dah
No	Ne	ne
Please	Molim	Maw-leem
Thank you	Hvala	Hva-la

Key contacts:

Graham Nash , Mike Hartwell , Rachel Saysell & Dana Payne will accompany the Swim Camp . Please remember they are all there to ensure the swimmers have a safe, rewarding and enjoyable Swim Camp so please feel free to contact with questions or to ask for any assistance as you require throughout the tour.

Graham Nash - 07775 904 818
Mike Hartwell - 07725 447 408
Dana Payne - 07899856567
Rachel Saysell -07789695093

Hotel Istra
Maršala Tita 143
51410 Opatija
+385 51 710 444

<http://www.remisens.com/en/hotel-istra>

Kantrida Swimming Pools Offices
Podkoludricu 2
tel. +385 51 666 600
e-mail: bazeni-kantrida@rijekasport.hr

Johnsons Coaches, Liveridge House, Liveridge Hill, Henley-in-Arden, Warwickshire B95 5QS
01564 797000

