

# LSASC Performance Squads *Orlando, Florida Swim Camp*

27 October – 03 November 2018



## TOUR BOOKING FORM

### About

The club are seeking to host a swim camp for our Performance squads in Orlando Florida, USA from Saturday 27th October – Saturday 03 November 2018 . Flight details to be confirmed but likely to be London Gatwick or London Heathrow to Orlando.

Orlando inspires incredible stories like nowhere else. Home to legendary theme parks including Walt Disney World® Resort, Universal Orlando Resort, SeaWorld Orlando and Legoland Florida.

### What is venue for training ?

National Training Center in Clermont, Florida. The NTC, part of South Lake Hospital, is a state-of-the-art sports and fitness facility located in Clermont, Florida – just 45 minutes from Orlando international airport and 30 minutes from the attractions of Orlando itself. It is a warm-weather training destination for hundreds of high school, collegiate, professional and amateur athletes from around the country and the world. A favoured destination for Nike Swim Camps the Centre offers community fitness, sports and health memberships and programs for youth and adults. Mission Statement: A trusted sports and fitness destination that provides comprehensive wellness programs, events and training services to educate and support our community and athletes in their achievement for health and performance excellence.



The National Training Centre is the ideal aquatics facility for team training and competition.

#### Aquatics Center Features

- 70 Meter X 25 Yard Pool
- Twenty-Seven, 25-Yard Lanes
- Moveable Bulkhead
- Outdoor Heated Pool, 78 – 82 degrees
- Zero-Depth Entry



#### Entry to USA

All eligible international travellers who wish to travel to the United States under the Visa Waiver Program must apply for authorisation. This is a straightforward online process. Details can be found <https://esta.cbp.dhs.gov/esta/>

#### Climate

One of Orlando's biggest draws is the year-round sunny, mild weather. In keeping with the "Sunshine State", Central Florida maintains a comfortable average annual temperature of 22 degrees celsius and a mostly dry climate from October to May. October is beautifully sunny and gorgeously warm average of 24 degrees celsius. The state has a subtropical climate - This basically means the weather is quite amazing throughout the year across the entire state !

#### Accommodation - Either Holiday Inn Express & Suites Orlando

East - UCF Area or Comfort Suites Research Park - UCF Area  
The Comfort Suites UCF/Research Park is conveniently located 30 minutes from the NTC. An outdoor pool and exercise room are featured. All suites offer work areas and sofa beds. Microwaves, refrigerators, and coffee makers are also offered. Guests can keep their electronic devices charged with AC and USB outlets, which are included in every room. Complimentary high-speed Internet access.

Holiday Inn Express & Suites Orlando East - UCF Area. New construction hotel opened in December 2013. Newly appointed guest rooms and suites flat panel HDTV, microwave & refrigerator, work desk, and free Wi-Fi. Spacious outdoor pool & state of the art fitness center.





## Swimmers accommodation

Swimmers will be accommodated in twin rooms. All rooms are fully En-suite

## Food & Drink

The Hotel provides breakfast facilities. Swimmers will take buffet breakfast other meals will be provided outside of the hotel close by on a group basis at local diners/ restaurant on a fixed schedules

## What does it cost ?

£1,800 per swimmer. A deposit of £500.00 is due to confirm the place with balance due 10 August 2018. We also offer flexible payment terms with reduced deposit and monthly payment schedule. Details on booking form . For any questions regarding payments please contact Dana , club treasurer : [treasurer@swimleamington.org](mailto:treasurer@swimleamington.org)

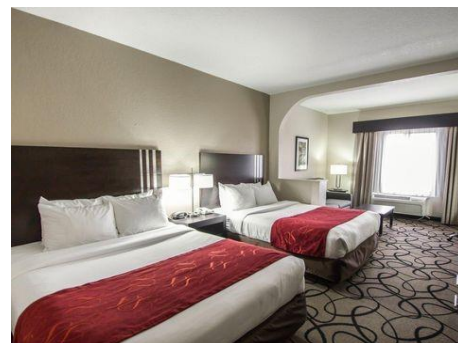
## What's included ?

- Cost will be £1,800 per swimmer • To include :
- Coach travel to/ from London Gatwick or London Heathrow
- Return flights from London Heathrow or London Gatwick to Orlando – flight details tbc
- Local transfers
- Full board accommodation
- Training - swim sessions plus gym land training
- Coaches / team chaperone
- Travel insurance
- Leisure Activities / Excursion \*
- Camp t shirt

\*Leisure programme will include a visit to major Orlando visit attraction – details to follow

## Who is taking the swimmers ?

Two coaches plus team management & female chaperone



**BOOKING FORM ( one per swimmer )**

**FORENAME (S)..... SURNAME..... PARENT/**

**GUARDIAN .....**

**ADDRESS..... DATE OF BIRTH.....**

.....

..... Male/ Female..... .

**TELEPHONE.....**

**EMAIL ADDRESS ..... (This is important as it will be used as primary contact )**

**ASA REGISTRATION NUMBER .....**

**LSACS PERFORMANCE SQUAD SWIM CAMP , FLORIDA 27OCTOBER – 03 NOVEMBER 2018**

**Cost : £1,800.00**

**Special requests ( dietary requests etc .) / additional information**

.....

.....

I enclose a ( non refundable ) deposit ( £ 500.00 per person ) cheque for £.....(made payable to LSASC) .  
For flexible payment ( initial deposit £500.00 deposit plus £162.50 per month January – August 2018) I enclose a ( non refundable ) deposit ( £ 500.00 per person ) cheque for £.....(made payable to LSASC) . Bank transfers to : If you prefer , please arrange bank transfer to: Lloyds tsb , account no. 02809268 Sort code 30-94-93

Booking form must be completed and returned swimmer's coach or any committee member no later than Friday 30 January 2017. Once we have received deposits for the minimum numbers required for camp to go ahead we will process deposits and confirm all arrangements.

Terms & conditions : Once we confirm the camp has sufficient numbers to go ahead deposit payments will be banked and you agree to pay £500.00 , including those on flexible payment scheme. The £500.00 will cover the flight hotel venue deposits and is non refundable. Balance due 10 August 2018. Cancellation : until 10 August £ 500.00 . from 10 August– departure date : full amount due .