

## Rushmoor Royals Warm Weather Training Camp, Cyprus, February 2010

Rushmoor Royals national group swimmers travelled to Paphos, Cyprus for an 8 day warm weather training camp. The outdoor 50m Yeroskipou pool was used, and the group was accommodated in the 3 star Louis Phaethon hotel, a 10 minute walk from the pool.

Our hotel had everything we needed and the food was exquisite; there was a carvery every evening and a huge buffet for all meals. The selection and variety meant that there was something for every taste.

Our swimmers had twelve 2-hour sessions in the pool and covered between 63 and 75 km during the camp. We had 3 lanes booked but were allowed, in every session, to spill across into empty lanes. The pool staff encouraged us to spread out

Training either just before us, or just after us, and staying in the same hotel, was the Danish National Team which included World Champion Lotte Friis. We learned a lot by watching the Danes, both on deck doing their land work, and in the pool. They were professional and friendly; Head Coach Paulus Wildeboer was very forthcoming about the type of work they were doing and willingly shared his coaching philosophy.

The weather was perfect – sunny every day with an average temperature of over 20 degrees with no wind and very little cloud.

Airport transfers were prompt and efficient and entirely organised by BlueWater Training Camps, and the assistance given by the local tour operators Arena Travel was superb.

On our two mornings off we travelled to Paphos Harbour and to the Tombs of the Kings.