



Dear Athlete

Thank you for your interest and application to this years National Academy at Millfield School, Somerset. 5th – 10th August. This years academy has attracted over 140 athletes.

I am pleased to inform you that you have secured a place and enclosed with this letter is a 'Statement of Fitness' form. When complete, please make sure you bring it to the camp to hand in on your arrival, otherwise you can not take part or stay at the camp.

Please arrive at Millfield School Swimming Pool by no later than 2.00pm on Sunday 5th August. You will be free to leave from the Pool on Friday 10th August at 3.30pm.

(Address: Millfield School, Street, Somerset, BA16 0YD)

If you experience any travel problems on day of arrival please contact me on 07917542417 so we are aware of your delay.

Below is a minimum list of items that you will need to bring:

- Swimming kit for 3 sessions a day
- Towels for 3 sessions a day
- Goggles & Swimming caps
- Water Bottle
- Thera Band (if you have it, if not it will be issued)
- Shorts, t-shirts, trainers for land training
- download & print the 2007 Academy Log Book from the British Swimming Website (www.britishswimming.org -> goto Water Polo Discipline and then click on World Class Programmes where you will find the various Log Books available).
- Pen to complete the log book information

Do not bring any personal valuables, your valuables will not be insured and the staff at this camp will not be responsible for your belongings.

Mobile phones are not allowed at this camp, athletes phones will be confiscated until the end of the camp.

24hr Emergency tel number: 07917542417

May I once again take this opportunity to thank you for your commitment to your Water Polo training in wanting to attend the Academy. It is very hard work but also very enjoyable and invaluable to your development.

Kind regards

Richard Sellors
National Academy Director

National Talent ID & Development Officer Water Polo