

Details of October 2011 Fitness weekend

This is to be held in East Sussex/Kent over the weekend 1st-2nd October. Arrival at Frant Place on Saturday morning 1st October at 9.30, day/evening at Frant Place, overnight stay (Saturday) and fitness tests (Sunday) at Holmewood House School, Langton Green, Tunbridge Wells, Kent, TN3 0EB; return to Frant. Parents to arrive not earlier than 15.30 for collection.

A quick reminder to bring at least two sets of old clothes; also clothing for training/fitness work, including running shoes (not spikes), a water bottle, snacks, swimming costume and towel. Also night wear, toothbrush etc. Please also bring a second pair of clean trainers for indoor use.

Please do not bring any valuables - there will not be time to watch DVDs, etc. iPods etc are not allowed during the fitness testing.

Sean Langmuir, Head Coach, will be working with you - as will Alain Baxter, Olympian and hero of Superstars, and Ben Rewt (well known to most of you). I will also be present, and we are delighted that Kirsty Buchanan and Lynsey Hamilton are able to come down for this weekend.

Please remember that we are guests in Lord and Lady Moynihan's lovely home, and behave accordingly!

For the adults we will have a fairly brief introduction from myself and Sean Langmuir (Head Coach), followed by a Q&A session.

We would aim to start this not long after 9.30, and should be finished by about 11.30. We hope that as many of you as possible will stay for this session. There will be plenty of opportunity to ask questions about the programme, management, selection, or any other aspect of the BCST. Dream up all the difficult ones for us now - this is your chance to put us on the spot!

We are very grateful to Lord and Lady Moynihan for hosting this camp, in conjunction with Holmewood House School - many thanks to the Headmaster.

Scots Flights (accompanied by Ben Rewt and Alain Baxter) are as follows;

Scots will be met on arrival and delivered back to the airport on Sunday in time for the return flight:

Edinburgh to London Gatwick (North Terminal)

Dep. 01 October 2011 06:20

Arr. 01 October 2011 07:50

Flight 802

Check in opens 01 October 2011 04:20

Check in closes 01 October 2011 05:40

London Gatwick (North Terminal) to Edinburgh

Dep. 02 October 2011 18:05

Arr. 02 October 2011 19:30

Flight 811

Check in opens 02 October 2011 16:05

Check in closes 02 October 2011 17:25