



Day1 - Ben

It was a very early start this morning with everyone having to be outside Charles Dickens School at 2.30am but because of the time change it was actually a 1.30am start. Everyone was raring to go and there was no sign of sleeping on the coach on the way.

We arrived at the airport at around 4.30am and went straight upstairs to check in our baggage. We got through check in pretty quickly and made it straight into security where only a few

people got 'frisked'.

Once past security we had around half an hour to kill so we split up into groups and had 15 minutes to walk around the duty free and purchase some food and drink; Travelling makes a swimmer hungry... correction - a swimmer is always hungry!

When we received the call through to the departure lounge we had another 15 minutes or so before we got a bus connection to the plane. So to pass the time everyone started to get out their cards and play a quick game.

On the plane we received a cold breakfast consisting of a croissant with a slice of cheese, a small carton of orange juice and a pot of muesli. Some of the swimmers didn't take up the offer of eating the breakfast so just stuck with a drink, passing food to the swimmers that were eating it. This ended up with me (Ben) having 4 croissants and Maisie ending up with about 6 pots of muesli. Not that I was complaining.

Getting off the plane took a while but once off we soon realised that there was a large difference in temperature. We left England with the temperature not exceeding 2°C whereas in Malaga it was already 21°C despite only being 11.00am local time.

A short hop on the coach and 10 minutes later we had arrived at the hotel only to find that we couldn't check in for another hour or so we left our luggage in the meeting room and headed to lunch. Lunch was good with the swimmers all getting a taste of the sort of food to come. Once we had finished we got a chance to unpack a bit and get ready for the first session at 4 pm.

With our tour rep giving us conflicting directions to the written instructions the coaches had been given, it was welcomed when two coaches from Warrington Warriors offered to show us the quickest way. We left for the pool around 3.15pm so we had plenty of time to get there and do a land warm up. The set was pretty easy as it was a first time in a long course pool for some swimmers, and Dave didn't want to wear everyone out too quickly, after all we still had 9 more to go after this session.

Dinner was pretty much the same as lunch, wonder if this was going to be a sign of things to come? If so we could be getting a bit bored after a few days.

We settled down early going up to our rooms around 8 pm so that we could get plenty of rest before the next day. Mikyle arrived at around 11.50pm that night and so I was awoken by his entrance to our room. It was still really hot at that time so he opened the balcony door when he came in exclaiming that our room was like a sauna!

Quote of the day:

Alice Latham - "Getting frisked is the best thing about airports!"



Day 2 - Maisie

I'm pretty sure everyone slept like logs for about 3 times as long as the night before. Breakfast before training was a quick one but long enough to sample all the food on offer for the week (we had the option of cooked breakfast, cereal, toast, croissants, pain au chocolates, yoghurt, fruit salad, cakes, biscuits and/or cold meats) so it was probably a good thing we only had 15 minutes or we might all have sunk straight to the bottom of the pool...

Swimming in a nice temperature, clean, outdoor pool (in 26 degrees C and sunshine) is about as different as you can get from Hartsdown and Ramsgate (and England at the moment!) and it is fab :-)

At the end of the morning session, Dave said we had an 'urgent meeting' and he told us that sports abroad had gone in to administration and basically we had to pack our suitcases. Everyone was confused and we all sprinted up the stairs and packed. Within 5 minutes we went back downstairs to Dave saying, "What day is it today?" Turns out its April 1st...and we were all fools.

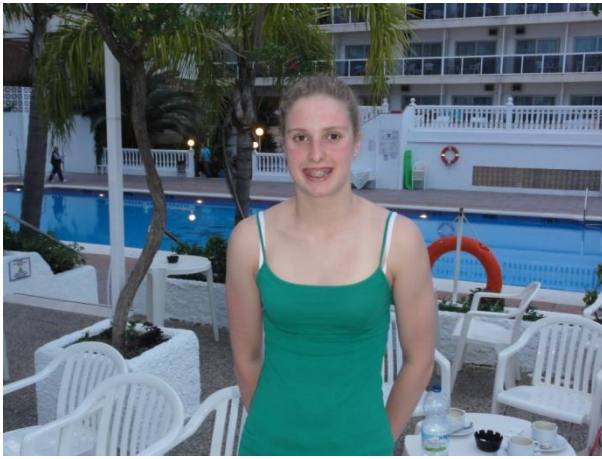
After RE-unpacking and almost eating the hotel in to administration at lunch, we walked to a nearby supermarket for mostly chocolate and Sunny D (which Jamie managed to down a whole bottle of in 5 minutes flat!)

I managed to fit in a 10 minute power nap before the afternoon set, which was a sprint set. We were all starving afterwards, apparently especially Ben who at dinner ate, no exaggeration, 11 puddings!!

Then we had a quiz, which the boys' team lost miserably. Also, we let the coaches win so they would be nice to us in training for the rest of the week! :P

After that, everyone was eager to get to bed for an earlier start tomorrow.

...I'd just like to share that both Alice AND Katie snore!!



Day 3 – Katie

Most people had a better night's sleep as it was the second night and we were getting used to the beds and the loud noises outside, however some still thought that staying up late to chat with their roommates was going to be good preparation for the rest of the week, they would soon find out it isn't. We had to get up at 6.20 which was earlier than yesterday because we had the treat of swimming in the indoor pool today; we had a ceiling to

follow but for the coaches it was not a treat as the poolside temperature was 34 degrees. The walk up to the pool led to a disagreement between Harry and Alex who were adamant the pool was 25m. We were told this was going to be a 'slight' recovery set but we were unsure because it was Dave who had told us and we know from experience our opinion of a recovery set and that of Dave's were normally different.

The swift walk back from the pool after an hour and 45 minute set led to the renaming of a row of trees, Mikyle thought they looked like hedges so with Maisie's intelligence the new name of 'tredges' was born. The pace of the walk was significantly increased by the senior boys as they knew that if they didn't get back quickly they were going to miss breakfast, I can say I've never seen some of them move so fast.

After a quick breakfast due to the food being taking away, we were given three options of what to do next, we could either play in the games room, go in or sit by the pool or have a rest our own rooms. The majority chose the pool, no surprise there! That was, until they realised it was of arctic temperatures and they didn't stay in very long.

Then we had lunch which was the same as normal except the seniors were out to beat there ever increasing record of devouring ice cream pots over one meal, we set the number of 24 to try and beat at dinner.

Next we were given an hour or so to chill in our rooms before the trek back to the pool. We were told it was going to be a hard set but surprisingly I found that this time Dave had under estimated how we would cope with the set.

Dinner was definitely interesting for the senior table as we didn't just beat our record of 24 ice creams we smashed it, with 36 as the new best, I dread to think how many we are going to get to by the end of the week if we keep increasing at this rate, I think the hotel may run out of ice cream.

Tonight's activities were both fighting for points for the challenge at the end of the week. First was a head to head competition of speed stacking were it was thought the boys would win with ease, but they surprised us at how bad they were. The second competition was who could build the highest tower out of straws and blue tack to hold a ping pong ball. The boys had no method to their construction and this became clear when their tower fell a few minutes before judging. The girls had a clear idea of what they were trying to do, but I do have to say my engineering skills were a big help. Again the girls were victorious, and were now storming a head in the points challenge. Dave then said it would be a good idea to go to bed as we have a busy day ahead of us tomorrow. We were all in bed by 9.30 eagerly wondering what tomorrow would hold.

Quote of the day- Harry; "where's my other shoe gone... oh yeah it's on my foot"



Day 4 – Alice

People began to lose their enthusiasm to get up for training this morning after a hard session the night before. Early in the morning the temperature was a cool 12 degrees however it warmed during the first session to a pleasant 17 degrees.

After training everyone walked about 50 meters to the athletics pitch. Here we set up a game of rounders. The girls batted first, starting with the youngest girls. The girls had an unlucky start with many forgetting the

rules and running each other out. The boys fielding skills also proved to be of a good quality with Alex catching a ball mid-air with one hand. The girls managed to score 10 with individual rounders from Elloise and myself.

In the second innings the boys proved that rounders was not just a girls sport with great hits from some of the older boys. They were also helped along by the girls' diabolical catching skills, with Erin running away from the ball shouting "don't throw it to me", even though she was on second base. In the end it was anything but a close game with the boys winning 24-10; giving the boys their first victory. The highlight of the match was indeed Maisie's run, after missing the ball she made a desperate run for first base however after taking two steps slipped on the grass and fell flat on her face. She then remained there for several moments trying to hide her embarrassment.

After a quick walk back to the hotel the girls and the boys split up to prepare for the evening challenge; a synchronised swimming routine on land! After half an hour of practicing it was time for lunch. After lunch there was an hour of down time allowing swimmers to take a short nap, revise or just rest.

After it was back to the pool for another hard session however the weather had changed meaning it was slightly cooler and it began to rain. This was a new experience for both swimmers and coaches. After a damp walk back we had dinner before turning in for an early night. The evening entertainment of our synchronised performances had to be postponed as the stage was wet and the other swimming clubs and guests were using the other recreational rooms.

Quote of the Day:

Maisie on our FOURTH day – "This bag is meant to have my dirty underwear in but there's only one, how does that work."



Day 5 - Mikyle

So we woke up at 6: 20am by the coaches coming round to our rooms and knocking on the doors. We got up had a snack before going to meet everyone in reception where we headed to the indoor pool for an 8 o'clock start. As we were all aching from a very challenging set from the previous night Dave had a relatively easy recovery set lined up for us for that session. We completed the set but got out ten minutes early as we all desperately needed to stretch, so we did. We left the pool and started to make our way back to the hotel where we had breakfast.

After breakfast the coaches had us perform our synchronised swimming routine where the girls had to compete against the boys, yes the girls won but only by a few points. We then played a bit of Pictionary which was once again girls vs. boys to see who would win the final points for the week's competition. The boys won Pictionary by one point and we followed up the victory by winning the next game with after eight mints. So with four points won, the boys were coming back strong.

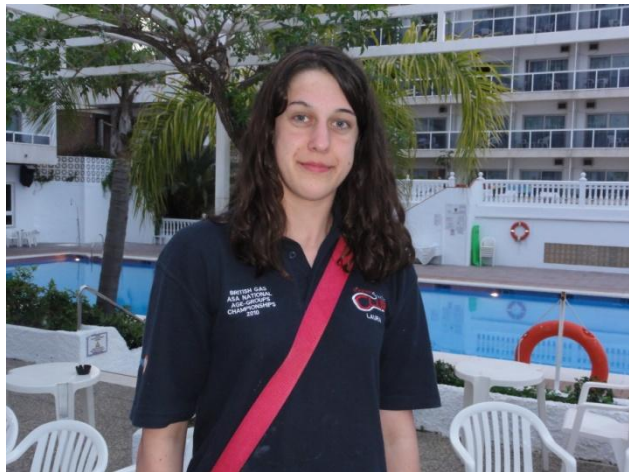
After lunch we were given two options, the first being to go to town to get food, the other being to relax and have down time in our rooms. The majority chose to go to the town and left to find a supermarket with Karen and Kim. It took us a fair time to find the supermarket itself, this is because we were following 'Karen's feeling' which couldn't have been more wrong, but we found the place in the end. We then came back to go up to our rooms for 10 minutes to get our kit ready, and then left for a nice outside pool session. The weather that afternoon was very rainy and fairly cold.

The set that afternoon was relatively easy as we had our time trial swims to do, this was to see which boy or girl can get the closest to their 100 free PB and the closer we were, the more points each team got.

After all the games and everything else we sat down as a group and had a chance to thank all the coaches for the amazing week. The coaches then gave us the final score of who won overall. Yes the girls won but us boys defiantly gave it a good come back. Dave also awarded an individual boy and girl for who got the closest to their 100 free PB in the time trial: the boy was Omar and the girl was Sammie. We then headed up to our rooms for a nice early night sleep.

Quote of the Day

Ben – "Damn it guys we missed the train station section on the news!"



Day 6 – Laura

Very happy to announce the girls won overall! Whoop whoop!!

Before I get round to writing about what happened on our last day in Torremolinos, I'd like to take the time to thank David for organising this amazing camp. Without him, none of this would have happened, and it's been the best training camp by far that I've ever been to. The sessions have been hard but we've all pulled through and the activities that were organised have been great!

Back to what happened during the day...

Today was the last day of our amazing camp in Torremolinos, and to start off, we were woken up at 5:30/5:45 (5:30 for those who hadn't packed much the previous day) for the last training session in the outdoors 50m pool. We knew this set was coming... the dreaded step test.

Despite everyone not wanting to carry out the step test, everyone pulled out all the stops and did remarkably well obtaining most of their target times.

With everyone changed, we set off on our last ever journey downhill, back to the hotel, taking in the beautiful scenery and mountains in the distance. Once we got to the hotel, everyone went into crazy panic mode, rushing to fit and squish everything into our suitcases. After a hectic hour or so, Karen and Kim did the final spot checks round the rooms for anything we'd left behind, and eventually, we waved goodbye to our homes for the last 6 days.

As we waited for the final stragglers, the suitcases were bunched together as we waited for the coach to come and take us to the airport in Malaga. After a while of playing pool in the games room by reception and generally chatting, the coach arrived and we journeyed to the airport.

The trip to the airport was 15 minutes or so, and once we arrived at the airport we bought some drinks and snacks from the shops. With our remaining euros spent, we sat down and waited for the plane to arrive as we prepared for our travel to Gatwick.

On the plane journey back, most swimmers decided to sleep and catch up on lost hours from waking up early in the morning. Within minutes of taking off, I spilt orange juice on my lap AGAIN (I did on the way out!)

When we arrived at Gatwick airport, we waited while our luggage was being transported from the plane to the conveyer belts. With our suitcases in hand, we took a long journey up and down escalators to make our way out of the airport and onto the final coach to safely drive us home.

The final trip home was like a karaoke night. The whole of the back of the coach was singing away to loads of different songs, old and new, to keep the cheerful mood up as we had a lack of entertainment from technology. At some point we contemplated whether or not to make a TSC choir or band!

As we arrived back at Charles Dickens School, we all made our separate journeys back home to our own comfort in our own beds.