



**ROWING TRAINING CAMP AT HAZEWINKEL, BELGIUM  
MONDAY 8 APRIL TO SATURDAY 13 APRIL 2019**

Dear Parents

November 2018

As in previous years, we plan to take a group of rowers to a Training Camp at Hazewinkel, near Brussels in Belgium, during the Easter Holiday. The World Rowing Championships have been held at this venue and the British Olympic Team have held their final selection regatta here for a number of years, so it is a world class venue and will be a real experience for our pupils.

This Camp gives us a tremendous opportunity for a week of focussed training, without distractions, in a purpose built venue and should prepare us well for the forthcoming regatta season. It also gives the pupils something to look forward to and work towards during the dark winter months. Those preparing for exams will have time for revision during down time between sessions and in the evenings.

We will leave Maidenhead early on the morning of Monday 8 April travelling by coach to St Pancras from where we will take the Eurostar to Brussels, returning late on Saturday 13 April. The boats will travel separately on the Eurotunnel. Accommodation is in rooms of 3 or 4 with shared toilet and washing facilities. The food is healthy and based on the needs of athletes - ideal for higher training levels than those the pupils usually experience.

The cost for the Training Camp will be £450.00 which includes all travel, insurance (personal items not covered), accommodation and food. We always endeavour to keep costs as low as possible and depending on numbers attending should be able to purchase some items of kit within this sum. Pocket money is not included in the cost of the trip, but very little will be required and will only be needed for refreshments during travel and at the venue as this is a training camp and our focus will be on the rowing.

If your son/daughter would like to join the Camp we require a deposit of £215.00 by **Wednesday 17 December**. You can pay online by following the link from our website, [www.clairescourt.com](http://www.clairescourt.com). Please complete the consent slip below and return to School with a copy of your Passport. The balance will be due by the end of February.

I hope that you will feel able to support this Training Camp which will allow our rowers to go into the regatta season with the best preparation possible.

Yours sincerely

**TOM GEARING**

Rowing Manager

**JAMES WILDING**


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**CLAIRE'S COURT SCHOOL - ROWING TRAINING CAMP, Hazewinkel - Monday 8 to Saturday 13 April 2019**

I consent to my son/daughter participating in this trip.

I have made the payment of **£215.00** online

I attach a copy of my son/daughter's passport

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

PUPIL'S NAME \_\_\_\_\_

YEAR \_\_\_\_\_

**Please return this slip to School by Wednesday 17 December**