

March break camp 2011

The camp went well.

We arrived at about 1:30 on Tuesday afternoon and settle in the rooms and then went for a first long course practice.

Then the following days with two work-outs a day except on the 18th and 20th when we swam only once.

The weather was great with may be more rain than usual which suited us quite well.

Everyone worked hard and most of all behaved well.

Congratulations to all participants.

Guy

To see some pictures go to this link.

<http://flickr.com/gp/52137636@N04/6KQ7F9>