



PENTATHLON·GB

SOUTHERN REGION

Colin Smith
Regional Coaching Co-ordinator
C/O First4Sports
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Southern Region MPAGB Youth Training Camp
MILLFIELD SCHOOL
Butleigh Road, Street, Somerset, BA16 OYD
Thursday 17th – Sunday 20th December 2009

Talent ID Priority Notice

Dear Athlete,

This letter is an invitation to join our Winter Training Camp at the prestigious Millfield School. The camp is aimed at those wishing to develop their skills in the pursuit of becoming a Modern Pentathlete with the focus being on swimming, shooting, fencing and running.

In conjunction with First 4 Sports Ltd, The Southern Region Modern Pentathlon Association has secured accommodation and facilities at Millfield School, giving you four days of intensive training.

Overseeing the training once again will be Mr. Andrew Wilsher (“Drew”) who is the Modern Pentathlon Coach based at Millfield. Our previous camps have been very successful and much of this is down to the expertise and enthusiasm shown by Drew.

It is hoped that our daily Training Itinerary will follow as listed below :

- Swimming** 1 x 90 minutes long course training each day; working on stroke improvement and stamina.
- Fencing** 2 hours each day working at the appropriate level for the individual
- Shooting** 1 hour each day working on technique (guns & equipment provided)
- Running** 1 x 45mins each day
- Land Training** 1 session per day

This schedule will be slightly different for the Thursday 17th (arrival day) and Sunday 20th (departure day). For those of you who are new to some of the disciplines, please do not worry. You will be grouped according to ability and the instruction will be at a suitable level. For those more experienced athletes, you will work at an appropriate level to your ability. Equipment will be available, including guns and fencing kit.

The accommodation is at **Portway** on site at Millfield and having stayed there before, I can assure you it is an excellent base with everything you will need to rest and recover.

Main meals will be taken at the school and everyone who has ever been to Millfield will agree that the food on offer is excellent. A male and female chaperone will be on site at all times while you are at **Portway** and their main role will be to provide pastoral care and ensure you enjoy the camp, (plus getting you up in the morning!).

Members from the Southern Region will have priority for places on this camp until October 23rd. At this point, the details will be released to the rest of our potential athletes across the south and then from the rest of the country.



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To enrol for the camp, please complete the enclosed Booking Form and return to the address below as soon as possible. The total cost of the camp is £325.00 fully inclusive, covering all your meals, accommodation, coaching, equipment loan and facility charges.

At this stage you only need only send a non-returnable deposit of £50.00 to secure your place. This should be a cheque made payable to **First 4 Sports & Leisure Limited** (the Administrators for this event).

Information regarding Millfield is available on the school website at www.millfield.co.uk
Follow the links to sport / modern pentathlon. Details regarding **accommodation** can be seen on www.millfieldenterprises.com (follow links to accommodation).

Joining instructions will be forwarded to you on receipt of your deposit but please note that drop off on Thursday 17th is 12 noon and pick up on Sunday 20th is at 3.00pm, both at the swimming pool complex.

Prior to the camp, a list of athletes taking part will be circulated allowing those who live close by each other to “car share”.

Should you have any questions whatsoever regarding this camp, please feel free to call me on the number below. I hope you are able to attend and I look forward to hearing from you very soon.

With kind regards,

Yours sincerely,

COLIN SMITH

Southern Region Co-ordinator



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SRMPA – Millfield Winter Training Camp 2009

Southern Region Talent ID Priority Booking Form

Name of Athlete.....(Male/Female)

D.O.B..... Age MPAGB membership number.

CONTACT DETAILS:

Address:

Telephone No(s).....

e-mail
 (please note that confirmation and further details will be sent via email)

Any special dietary requirements/or
 Any other information and/or
 Medical conditions.....

Please reserve a place on the Modern Pentathlon Training Camp for the athlete named above. I enclose a non-returnable deposit of £50.00 made payable to **FIRST 4 SPORTS & LEISURE LTD.**

Full joining instructions and the necessary paperwork will be despatched upon receipt of this Booking Form.

Signed.....(Parent/Guardian)

Date.....

Please return to:

Colin Smith,
First 4 Sports Ltd,
The Park Health Club,
Titchener Park,
HOOK,
Hampshire. RG27 9EH.