

## Greece (Loutraki 2018) Report

It had been a long time coming but Dyce ASC were finally heading back abroad for a camp to kick start our season in style! The destination this time was 'Sportcamp Loutraki' in sunny Greece an hour and a half west of Athens.

The build-up – We chose to go at the start of the season this time at the end of summer because of the warmer weather and to provide an earlier start to the season. We didn't want any swimmericicles like we had last time. The fires a couple of weeks before hand provided a scare to a few but all fears (and fires) were extinguished well before we arrived.

The flights – Everyone arrived at the airport on time except for our trip leader (doh!) who then found out that she had taken her husband's passport, thank god they lived round the corner. As is standard the head coach was asleep directly after take-off on both flights out and back and was wisely not disturbed. Our flights were delayed slightly both to Athens and home from Athens and London making it some long days for the team. When we landed in Athens we were immediately on a coach to Sportcamp and had an evening dinner put on for us on arrival after we were shown to our rooms. The swimmers cabins were just what was required for the swimmers. Coaches and chaperones ones, not so much but we didn't let that phase us!

Day 1 on camp and we headed to the pool for the first session. This was a long but relatively easy session to get all the stiffness from travelling out the system as quickly as possible. The group had lunch and then were split into their teams (Blue Minotaurs, Red Cyclops, Yellow Hydras and of course the best team the Green Titans. The head coach supplied each team with a neon headband of their teams colour so they could be easily identified for good play and they had to come up with team hashtags and logos (#sweatsquad, #fakewater, #badreviewontripadvisor, (inside joke)). First game was beach volleyball. This was an eye opener to some of the group who ran away from the ball on a couple of occasions before a few really started to get into it although even the select best couldn't rival #TeamTitans (evil laughter).

Day 2 and again after breakfast we headed to the pool this time for a shorter faster paced session including a lot of diving, swimming and walking. This allowed a good opportunity for some early max effort work to see how everyone was after the long summer break. After lunch a few came to watch and try out their coaching skills as the coaches and chaperones enjoyed a group swim. After a great effort in the pool it was then into team colours for a basketball tournament. After a number of small warm up games the round robin tournament commenced with the blue team taking the win and all 3 teams beating the mighty #titansortitanic. Some great team work and excellent basketball skills were showed by many.

Day 3 and it started in the same fashion with an early breakfast and off to the pool. A large kick session was expertly executed by the whole team knowing that the afternoon held a trip into Loutraki and to a lake for water sports. After lunch we boarded a bus and off we went making a quick stop at a scenic lighthouse and beach with a VERY steep incline for a few pictures, videos and selfies of the unreal views. Then it was on to Heraion Lake which was a small paradise if not for the gale force winds that stoooped us doing many water sports other than kayaking and swimming. Our lot were straight in and swimming out to a buoy in the middle of the lake! After a few snuck away for a toastie and an ice cream and the team enjoyed some time in the sun we headed back to Sportcamp to relax for the night.

Day 4 and the hardest session of the week lurked over breakfast as the swimmers knew what was coming. A really solid effort from most but a few tired faces meant that the afternoon off on the Saturday was well deserved and the majority either chilled out or played a few games of football. In the evening for their hard work we took the swimmers into Loutraki for a look around the beach and a nice evening meal at a lovely restaurant. The portions were MASSIVE and we quickly realised that our eyes were bigger than our stomachs. Food was exceptional and we enjoyed a walk along the beach before grabbing an ice cream back onto the bus. Another evening to chill and relax afterwards before bed.

Day 5 and the tiredness was starting to creep in. Less and less early risers for breakfast but knowing a decent session was coming they picked up quickly. After a good effort again in the pool we headed back for lunch before a land training session. Dice and cards to choose exercise and how many you do was quickly hated by the Titan team who rolled 10 laps of bear crawl on the first turn. Some questionable push-up positions aside there was a great effort from all. A few joined in at the tennis while Emma and Louise practiced their dancing routine on the side of the court. Most of the other swimmers off mingling with the numerous teams on campus. After dinner it was quiz time and other than the head coach giving away two answers by accident there was only 1 point separating the Yellow team from the others.

Day 6 and we are into the home straight but had a lot to cover. The sessions went well again with a fair effort put in by many. We posed for some photographs in our kit from our sponsor. Swimmers had been handing in their custom session plans for us to review for the Tuesday morning and after lunch they had to choose which session they wanted to do the following day. During the day the coaches sat down with each member and had a 10 minute chat with them about their experience and the upcoming season before we took one last team trip to the climbing wall. Most of the swimmers flew up the wall without any bother. Same cannot be said for Sean and Michelle haha. In the evening we had an awards ceremony. The Red Cyclops #Fakewater team came out on top for the week due to their efforts in the pool. The top 3 girl swimmer of the week athletes were in the red team with Emma Cobb being our winner. Owen Simpson was the boys swimmer of the week and Grace Johnston overall athlete. A great night had by all.

Day 7 and we were up a half hour earlier than usual for the swimmers to complete the sessions they had picked from the 3 best designs (some regretted this almost immediately) as they had not read through them properly. A little bit of fun with the gopro was had at the end before we headed up one last time for breakfast and to do a final pack up before we headed home. After a very healthy week a massive mcdonalds order was placed at Athens airport before we boarded to come home.

A thoroughly enjoyable camp had by all it would seem and a definite success for team building. Onto Dunedin for the first competition!

Big thanks to our sponsor, fundraisers and team for the week. It was a week to remember!

Sean Breen

Head Coach