



Bognor Regis Swimming Club

(Affiliated to South East Region ASA, Sussex Counties ASA and RLSS)

Founded in 1965

Bognor Regis Community College, South Way & Arun Leisure Centre

15th October 2007

Dear Gala Squad Member,

Team Building Day at Hindleap Warren

I am writing to invite you to attend this exciting team building day on Sunday 3rd February 2008. The day is open to all swimmers who are in our gala squads. Thanks to a grant from West Sussex County Council - Youth Opportunities Fund we are able to offer the day at a subsidised cost of only £5 to cover the cost of lunch.

Hindleap Warren Outdoor Education Centre is in Forest Row, East Sussex. Hindleap have run outdoor education courses successfully with schools, youth groups, and adults for over 40 years. They are providing BRSC with a tailor made outdoor activity day staffed by experienced and qualified Instructors. If you want to check them out you can visit their website at www.londonyouth.org.uk/centres/hindleap. Activities during the day will include: Climbing Wall, High Adventure, Obstacle Course or Zip Wire and Team Challenge Games. Four adults from the Club will also be with the swimmers.

A coach will leave the school pool car park at 8.45am and return at approximately 5.30pm. Swimmers should bring clothes for getting wet and dirty in (you will need to change out of your travelling clothes) waterproof coat and sturdy shoes for climbing in. The weather will have to be abominable for us to move to activities indoors! Lunch will be provided.

To book a place on the Team Building Day you will need to complete the attached Consent form, which has been provided by the centre, and return it to Lisa Loveman with a cheque for £5 made payable to B.R.S.C.

Please do not hesitate to speak to me or Sophie Trotter (Club Captain) if you have any questions about the day or by email lisaloveman@lineone.net

We look forward to getting your forms back.

With best Wishes,

Lisa Loveman and Sophie Trotter

Chair: Lynne Fowler

Secretary: Dave Loveman, 7 Oak Close, Chichester, W. Sussex. PO19 3AJ (01243 528095)

Treasurer: Dennis Eason, 20 Marylands Crescent, Bognor Regis, W. Sussex. PO22 8DW (01243 827520)

Chief Coach: Chris Adams