

Swimming camp in Spain for members



■ Dunmow Atlantis Swimming Club members at their swim camp in Majorca

SWIMMING

Dunmow Atlantis swimmers arrived back from Majorca on Saturday, having spent a week at swim camp honing their skills.

The swimmers, from the club's various squads, including regional and masters, took full advantage of the superb facilities available, completing gruelling daily sets, plus land training and evening activities.

Other local clubs who attended

were Bishop's Stortford, Hoddesdon and Enfield.

Atlantis' head coach, Steve Turner said: "This year's swim camp has been a great success, giving our swimmers the opportunity of warm weather training in a 50m outdoor pool.

"We have had excellent team building activities for both swimmers and coaches alike.

"We always work very hard in training, but this week have had the opportunity to see other competitive

clubs' training styles at the same venue.

"I would like to thank all swimmers and coaches that made this such a memorable week."

Atlantis now turn their attention to the busy winter season, which will see them competing at various open meets plus county and regional competitions.

■ Visit www.dunmowatlantis.co.uk for more information about the club.