

## A SPLASHING GOOD TIME!

Lucky swimmers from Dunmow Atlantis Swimming Club recently spent a week in Majorca during October half term. The club took 26 swimmers aged 13 to adult, plus 3 coaches, for their annual swim training camp. The squad thoroughly enjoyed the fantastic sporting facilities on offer, including a 50m pool and fully equipped gym. There were additional activities in the evenings, including team building exercises and the very popular Halloween party!

Head coach Steve Turner was delighted with another successful swim camp, saying "We had a great week of Long Course training at a great venue! Every swimmer swam well, culminating in them all completing the Olympic Challenge set of 4600m, made up from every event of the Olympic calendar. These training camps are proving very valuable to our club and continue to be very popular."

The Majorca training week follows continued success this year for DASC, with club swimmers claiming county, regional and national times. For more information on the club please visit [www.dunmowatlantis.co.uk](http://www.dunmowatlantis.co.uk).

