|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Army Water Polo Training Camp**  Chairman: Brig Doug Gibson  Secretary: Nathan Pearce  Tour OIC: Maj Scott Robinson  Cyprus Tour Coordinator: SSgt Luke Illingworth | | | **ASU Badge SIG BLOCK** |
| E-Mail: luke.illingworth192@mod.gov.uk  Telephone: 012498 94038 Military: 95481 4038 | | | | |
| See distribution | |  | Date: 12 Feb 18 | |

**ARMY WATER POLO TRAINING CAMP 4th – 11th JUNE 2018 – WARNING ORDER**

**Introduction**

1. The Army Water Polo Male and Female Team have been granted authority by the Army Sport Control Board (ASCB) to run a training camp in Cyprus in accordance with Army Overseas Sports Tour[[1]](#footnote-1). This camp is designed to offer established Army water polo players the opportunity to enhance their training in an enclosed environment as part of preparation for the 2018 Inter Service Water Polo Championships in HMS Temeraire. It will also promote competition with those persons on the fringe of the current team and allow the coaches to identify new talent and coach them accordingly.

**Aim**

1. The aim of the tour is to take male and female water polo teams to Cyprus to conduct a period of intensive training and compete against testing local opposition as part of the yearly Inter Service preparation training schedule.

**Programme**

1. The Water Polo programme will be run in accordance with Annex A, this is currently a provisional booking as pool times are confirmed after payment. In essence, there will be three training sessions of 2 hours per day 1 men, 1 women and 1 mixed which will include land and water based training. We will host 1 fixture at Episkopi and travel to 3 ‘away’ fixtures against, Limassol, Nicosia, and Larnaca.
2. **OIC Tour**. Maj Scott Robinson will be OIC of the Army Water Polo overseas tour and training camp 2018.
3. **Coaching Staff and Team Manager**. Mr Alan Smith (head coach) and SSgt Luke Illingworth (Assistant Coach) are requested to be present for the duration of the training camp to assume the roles of Water Polo coaches. Maj Scott Robinson will travel as the team manager and trip OIC, he will be the authority for all decisions during the camp. Mr Alan Smith is the Army Water polo head coach and as a civilian authorisation to travel will be required. Without this assistance, the training camp will be unable to be conducted. Capt Chris Bermingham will be the tour fixtures organiser and will be required to ensure fixtures are arranged and attended.

6. **British Forces Cyprus Sponsor**. A sponsor for the tour will need to be identified.

7. **Squad training**. All participants are expected to attend both relevant water polo sessions and all fixtures. It is emphasised that the training will be arduous, and will prove demanding for even the fittest swimmers and water polo players. All participants will need to ramp up the intensity of their personal training to gain maximum benefit from the tour. Individuals are to ensure that they bring adequate fluids/refreshments for training periods.

1. **Army kit**. It is the aspiration that each participant will receive a number of items purchased specifically for this camp to aid the effectiveness of the training, ensure uniformity and help promote the sport to a wider audience. WO2 Mick Parkin is the equipment manager and is tasked with providing quotes for the tour kit and will coordinate the movement of squad equipment. The ASU is requested to provide the squad with ASU presentation plaques to present prior to games.
2. **Individual kit requirement**. Uniform will not be required during the training camp. However, participants are to pack the kit outlined at Annex B and ensure they have sufficient space and weight in their luggage for the additional equipment that will be issued prior to departure.

**Flights & Timings**

1. Flights are being investigated to get the best value for money for the dates required, LCpl Helen Seal is requested to identify flight options and gather the relevant personal details.

|  |  |  |
| --- | --- | --- |
| **Outbound –** | | |
| **Date** | **Depart Time** | **Arrive Time** |
|  |  |  |
| **Inbound –** | | |
| **Date** | **Depart Time** | **Arrive Time** |
|  |  |  |

1. A minimum of 6 months left to run on individuals passports is a critical

**Conduct & Discipline**

1. This is the second Army water polo trip to Cyprus. The intent is for the Camp to be informal and enjoyable yet highly professional, with everyone striving to gain the maximum benefit from the 7 day package. We are ambassadors representing UK Armed Forces on this trip and it is vital that we all maintain the highest level of personal standards throughout. The inclusion of competitive fixtures will ensure that this tour will have a high media profile for the duration.

**Messing**

1. The aim is for participants to be accommodated in transit accommodation or the mess for required ranks at Episkopi station. SSgt Dan Lane is to secure the accommodation booking in ranks relevant mess.
2. Episkopi Garrison is a PAYD facility; therefore all individuals will need to ensure they have sufficient funds.

**Transport**

1. SSgt Dan Lane will be IC of transport and is to liaise with the tour OIC to confirm the transport plan.

**Medical/Casualty Procedures**

1. During the tour medical emergencies will be dealt with through the Medical Centre (details will be provided on site). Any participants with known medical conditions must ensure they take enough medication for the week and let the coaching team know for safety reasons. It should be noted that the swimming activity will be conducted in an outdoor pool. Swimmers must remain hydrated throughout and bring high factor sun cream.

**Insurance**

1. This Army Water polo Tour is Army Sports Control Board approved event, however it is recommend that everyone checks their own personal insurance to ensure it covers sport/pool swimming. For confirmation, all pool sessions will be run by qualified ASA Coaches and lifeguards will be in attendance throughout.

**Finance**

1. **Tour Budget.** All participants are to ensure they are members of the Army Sports Lottery (ASL) witha **minimum of 4 active tickets**. This is for the Tour OIC to secure funds per person from the ASL. Participants must have been members for at least 2 payment cycles prior to the tour as funding can take up to 8 weeks. A PXR must also be produced at the end of the tour to ensure ASL support.
2. Individuals will be required to pay the personal contribution and Corps/Unit contribution together and should approach their Corps S&WP Secretaries to request personal funds as per the Sports Statement grant towards the overseas tour from Corp funds. All participants are to request a Unit donation from their Regimental PRI funds. The personal contribution required from each individual should be kept to a minimum with an aspiration of it being under £200 for the 7 day Camp although how much the individual secures through their Corps will impact the overall cost. The tour budget will be presented to the Army Water Polo Manager and ASU Secretary for inspection. Once all bills have been settled at the end of the tour, attendees will be reimbursed for the cost of their flight less their personal contribution. The cost breakdown for the tour is as follows:

|  |  |
| --- | --- |
| **Fund** | **Amount** |
| Army Sports Lottery | £300 |
| Corps and unit funds to be secured by individuals through their Corps Secretaries | £200 |
| Personal | £200 |

1. **Personal Finance.** No cheque cashing facilities will be available during the tour. An ATM machine is available at Episkopi Garrison shopping centre. ATM machines are available in most towns, but access to them will be limited and not all cards are accepted. Personnel should instruct their banks that credit/debit cards are to be used in Cyprus to ensure they are not subsequently blocked. Individuals are advised to take sufficient personal funds (Euros and Sterling) for the duration of the tour.

**Nominal Roll**

1. Up to 32 personnel will make up the travelling party complete of players, coaches and team staff. A nominal roll will be produced.

**Media and PR**

1. This tour will be high profile and therefore the media response will be conducted in a way to maximise exposure,

**Summary**

1. This training camp is a key opportunity to improve the quality of the Army Water Polo squad prior to the Inter Services Water Polo Championships 2018. All current established Water Polo players are to make every effort to be released for this tour.

L Illingworth

WO2

for Chairman

**Distribution:**

|  |  |
| --- | --- |
| ASCB  Team Manager  Corps Secretaries  Swimming and Waterpolo Officers  Mr Alan Smith – Head Coach  All Army Water Polo Players |  |
|  |  |

1. 2012DIN10-036 [↑](#footnote-ref-1)