



MEDIA INFORMATION

'On Camp with Kelly' Get-Together Weekend Bath University, 13-14 October

23 athletes and 13 coaches will be meeting at the University of Bath on 13-14 October for the second of the 'On Camp with Kelly' Get-Together Weekends in 2007. 'On Camp with Kelly', supported by Norwich Union, is double Olympic champion Dame Kelly Holmes' mentoring programme for talented young female middle distance athletes.

At the Get-Together Weekend the athletes and coaches will be learning about many different topics which are important to assist them to develop into world class athletes.

On Saturday they will participate in sessions on rehabilitation from injury and aqua-jogging led by Dame Kelly. The state-of-the-art technology at Bath University will enable the athletes' aqua-jogging technique to be filmed under water for analysis.

They will also have a presentation on using nutrition during competition and recovery from training to enhance performance from Wendy Martinson, Consultant Sports Nutritionist to the BOA, and various representatives from UK Athletics will be on hand to give presentations and participate in question and answer sessions.

On Sunday the coaches will take part in an injury prevention workshop with Martin Haines from Mobilis Performance. Martin led a similar workshop at the Educational Camp in Loughborough earlier in the year which the coaches who attended found very beneficial.

The athletes meanwhile will undertake group work looking at the challenges that they have faced this season and how to overcome them and their goals and aspirations for the future. They will also have the opportunity for medical, physiotherapy and sports psychology consultations as well as receiving mentoring and advice from Kelly.

Participants

30 athletes are currently part of 'On Camp with Kelly'.

The participants in the Get-Together weekend are:

Charlotte Best, 22, Crawley AC
Tara Bird, 20, Woodford Green with Essex Ladies
Suzi Boast, 17, Bedford & County
Dani Christmas, 19, Crawley AC
Jessica Coulson, 17, Stockport Harriers
Lucy Dowsett, 17, Cambridge & Coleridge
Jo Finch, 19, City of Glasgow
Laura Finucane, 21, Pendle AC
Emily Goodall, 18, Crawley AC
Kirsty Hamilton, 18, Bristol & West
Kerrie Harris, 17, Hull Achilles
Kate Hindle, 17, Preston Harriers

Jordan Kinney, 17, Royal Sutton Coldfield
Alison Leonard, 17, Blackburn Harriers
Nikki Maddick, 20, Kingston upon Hull
Emma Pallant, 18, Aldershot Farnham & District
Carolyn Plateau, 19, Radley AC
Stephanie Roe, 18, Preston Harriers
Stacey Smith, 17, Tynedale Harriers
Linzi Snow, 19, Woodford Green with Essex Ladies
Rachel Stringer, 17, City of Norwich
Rachael Thompson, 21, Liverpool Harriers
Alex Turner, 16, Amber Valley

'On Camp with Kelly'

'On Camp with Kelly' (OCWK) started in January 2004 and with support and sponsorship from Norwich Union has grown from strength to strength.

Double Olympic Champion Dame Kelly Holmes set up OCWK because she wanted to help talented young female middle distance athletes to achieve their dreams. Her vision of OCWK was that it should be an educational development programme so that the athletes who are part of it gain life experiences as well as learn what it takes to become a world class athlete.

Originally there were eight girls who were given the opportunity to participate in the first OCWK Camp in South Africa in November 2004 and since then the number of talented athletes joining the initiative has grown to over 30. There have also been regular Get-Together Weekends, Training/Education Camps in Loughborough, Spain and Australia, as well as the opportunity to race in international meetings across the UK and Europe. The athletes also benefit from personal mentoring from Dame Kelly as well as medical and financial support. The structure of 'On Camp with Kelly' has recently been redefined so each athlete has a clear idea of the benefits they can access while part of 'the initiative.

For more information visit www.doublegold.co.uk/ocwk or www.norwichunion.com/oncampwithkelly

New website coming soon – www.oncampwithkelly.co.uk