



**GAIN Deep Dive
Foundational Strength with
James Marshall & Vern Gambetta**


Course Information Pack


Course date:	Friday 10th – Saturday 11th January 2020
Venue:	Magelake Hall, Culmstock Road, Uffculme, Devon, EX15 3DR

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GAIN Deep Dive

Thank you for booking your place with Excelsior to attend the GAIN Deep Dive course. We are very excited to be running this course with Vern Gambetta travelling from the USA to join us. We hope you are looking forward to the course and the challenges and rewards it will provide you with. This document provides details for the course, including dates, times, location, directions, accommodation and travel details.

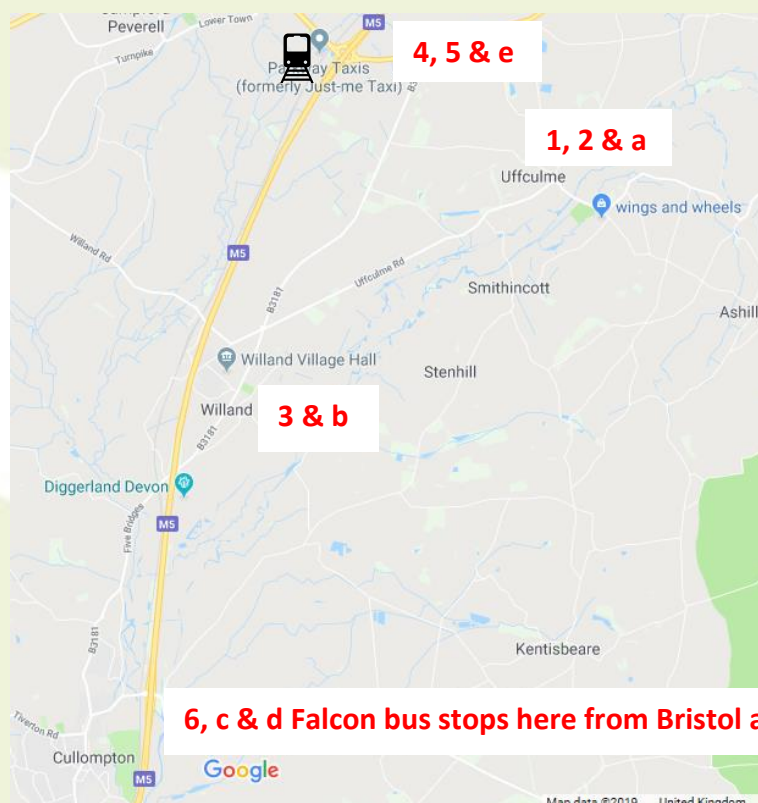
James' Mobile	07976 306494	
Dates	Friday 10 th - Saturday 11 th January 2020	
Times	Friday 10 th January 9am – 5pm	Saturday 11 th January 9am – 1pm
Location	The course is held at Magelake Hall, Culmstock Road, Uffculme, Devon, EX15 3DR	
Directions	Directions to Magelake Hall: 	
Parking	There is ample parking available at Magelake Hall	

Travelling by Car	<p>From Exeter & Cornwall direction: Exit M5 at J28 for Cullompton follow signs for Willand along B3181, drive all the way through Willand. The last roundabout follow signs to Uffculme. Follow road all the way into Uffculme (approx. 2 miles). Once in the village square bear right past St. Mary's Church, over the bridge and the Hall is approx. 200 yards on right.</p> <p>From everyone else: Travel to the South West and once on M5 exit at J27 for Tiverton. Follow signs for Willand and Uffculme. Once off the M5 turn left and at Waterloo Cross roundabout follow B1381 from Uffculme and Willand. Follow B3181 until roundabout, the take left towards Uffculme, follow road all the way into Uffculme (approx. 2 miles). Once in the village square bear right and past St. Mary's Church, over the bridge and the Hall is approx. 200 yards on right.</p> <p>NB – THIS IS THE EASIEST ROUTE AS IT AVOIDS THE LANES AND ALSO THE SCHOOL TRAFFIC WHICH CAN BE VERY BUSY OF A MORNING. PLEASE IGNORE YOUR SATNAV AT THIS STAGE.</p>
Travelling to Devon by Train	<p>Tiverton Parkway station is on the mainline rail network and is only 4 miles from the venue. There are usually taxis waiting outside and there is also a bus service to Uffculme.</p> <p>There is a direct bus service with Stagecoach from the train station to Uffculme which takes approx. 15 minutes.</p>
Travelling to Devon by Air	<p>Exeter Airport is the closest airport with a bus leaving every 30 minutes into Exeter. From Exeter there a connecting bus service to Willand and Uffculme. It takes approximately 30 minutes to drive from Exeter Airport to the Uffculme area.</p> 
	<p>Bristol Airport is within 1 hour's drive of the venue. There is an hourly coach service 'Falcon' which stops in Cullompton which is only 5 miles from the venue. Tickets approx. £15 return takes 1hr 15mins.</p>
Taxi Companies	<p>There are a few local companies:</p> <ul style="list-style-type: none"> • Parkway Taxis 01884 38899 based at Tiverton Parkway Station • Jolly Jaunts Taxis 01884 840979 based in Uffculme • Cully Cabs 01884 32676 based in Cullompton

Accommodation:

The following details are listed by distance from the venue (see map below), prices are approximate and may change correct (Sept 2019). I have not visited all the accommodation options but have personally stayed at Waterloo Cross and Padbrook Park and they are both pleasant.

1. [AirB&B 1 bed Flat](#), Uffculme. 5 minute walk £58 per night
2. **Ostler Inn**, Uffculme Pub with Accommodation 5 minute walk [01884 840260](tel:01884840260) £40 room only breakfast offered in café next door
3. **The Orchard Guest Suite**, Willand (B&B) £65 per night for one person with continental breakfast. [Details here](#).
4. **Waterloo Cross**, near J27 (Pub with Accommodation) £50 per night breakfast £6 20% evening meals if [booked directly here](#).
5. **Travelodge**, near J27 £50 per night 'breakfast box' provided
6. **Padbrook Park**, Cullompton (Hotel) £87 including full English breakfast. [Details here](#).



Pubs for evening meal	<p>a) Ostler Arms, Uffculme b) Halfway House, Willand c) Padbrook Park, Cullompton d) Weary Traveller, Cullompton e) Waterloo Cross, near J27</p> <p>Locations are marked on the map above. (I have eaten at most and all offer good quality food at reasonable prices)</p>
Please bring	Please bring some sports kit with you – i.e. trainers, t-shirt, shorts or bottoms plus pen/paper to complete notes etc.
Lunch & Refreshments:	<p>Lunch will be provided for you on Friday 10th January along with refreshments throughout the course. If you have any dietary requirements please email Carly as soon as possible</p> <p>Uffculme village is approximately 10 minutes from the venue where a CO-OP can be found in the village centre. There is also a fish and chip takeaway.</p>
If you have any questions please feel free to contact carly@excelsiorgroup.co.uk and we hope that you will enjoy the course	

Reading List

The following list is a guideline of the typical reading for your course, please feel free to research additional learning materials from the library and/or Internet.

Pre course reading and knowledge are important. Whilst you have access to the presentations on the website, you will need to do more in depth reading, tailored to your needs. Here are our recommendations:

Training Young Athletes: James Marshall. Training Young Athletes. Peak Performance
Available to purchase: <http://www.pponline.co.uk/prewp/solus/training-young-athletes.html>

A recommended reading list for coaches and teachers.
<http://excelsiorgroup.co.uk/courses/recommended-reading-coaches-teachers/>

The Excelsior blog and resources have a wealth of information that is updated regularly. It is worth bookmarking it.