

STORM 2008 – Info Pack

Group Leader

The Group Leader is the individual under whose name the apartment booking is made and all members in your party will need to give that name to check-in. If you are a group leader, please make sure that you forward the following information to everyone in your party.

MAKE SURE ALL YOUR GROUP MEMBERS KNOW YOUR FULL NAME AND MOBILE PHONE NUMBER.

IT IS RECOMMENDED THAT AS GROUP LEADER YOU ORGANISE FOR ALL OF YOUR GUESTS TO SWAP MOBILE PHONE NUMBERS SO THAT YOU CAN ALL CONTACT ONE ANOTHER REGARDING ARRIVAL TIMES AND ASSIST EACH OTHER IN ACCESSING YOUR APARTMENT UPON ARRIVAL ON SITE.
(REMEMBER THERE ARE ONLY 2 KEYS ALLOCATED PER APARTMENT BUT EXTRAS CAN BE PURCHASED).

Changes/Alterations/Cancellations/Swaps

We do not need to be informed about individual changes within your group as long as the group numbers and gender mix remains the same. There will be colour coded (gender controlled) wrist bands allocated upon arrival to keep this in check.

If you have to cancel your booking, and you do it through Ceroc, dependant upon when you cancel you may suffer a cancellation fee. Please see our Cancellation Policy on the website.

The alternative is to advertise the availability on our 'Message Board' on www.ceroc.com/storm and see if you can sell your apartment directly with other dancers. This is also the place to advertise any availability within your apartment.

If you know anyone looking for an apartment or space within an apartment then they should also visit the 'Message Board'.

If you need a lift or have space in your car that you could offer to someone in need of a lift, then again the 'Message Board' is the ideal place for you to advertise.

Please note that because we will be on-site, we cannot process any amendments of any description from 6pm Monday 3rd March.

Directions

If you don't know how to get to Camber, you might want to try www.rac.co.uk or refer to www.ceroc.com/storm

Address

Camber Sands Holiday Centre, New Lydd Road, Camber Sands, Nr Rye, Sussex, TN31 7RL

Parking and Car Sharing

At 'Storm', because parking is limited, you can only park on-site if you have purchased a parking space in advance (this was option X).

If you have not yet booked a car parking space you still can by booking using the Booking Wizard <http://www.ceroc.com/escape/camber/storm/stormMar2008/> . Just keep clicking next until you hit number 5 (the Car park booking page) and then go to check-out.

If you have not booked a car park permit you will be able to drive on-site to drop your bags off subject to a £50 cash deposit with the gate staff. Your deposit will be refunded providing that you leave the site within 60 minutes and it will then be your responsibility to find suitable parking off-site. Please remember if you park off-site, with your wheels on the pavement or grass verges you will be given a parking ticket.

We urge you to car share as much as possible to minimise the parking congestion, but also because it's safer, more sociable and more fun.

If you have booked a car parking space then when you arrive at the gate to the site your name will be on a list. We will take your car registration number and you will be given a parking voucher which you have to hang from your rear view mirror.

It is worth bringing a copy of your car park booking form in case of error and remember to advise others in your party of the parking policy if they are coming along separately.

Coming by Train, Plane or Automobile

Check out www.ceroc.com/storm for comprehensive information on travel to, from and into Camber Sands.

This website is also very informative about the local area and has a wide selection of useful links.

Check-in times – Friday 7th March

The entrances to the site will open just before 2.00pm.

Registration will commence from 2.00pm for Club apartments only and will be held in the main lobby area on the ground floor.

Registration will commence from 4.00pm for Classic Plus, Classic and Budget apartments only and will be held in the main lobby area on the ground floor.

Historically there has been a rush at 2pm by people wanting to secure parking on site. As we are pre selling parking places there is no need to rush down to get there early so we expect less queuing.

Music will be played from 3.00pm in the main Thunderball Room for anyone wishing to start their freestyle dancing early.

The entertainment proper will start with dancing from 6.00pm and the weekend is officially kicking off with the first classes of the evening commencing at 7.00pm (Beginners and Intermediate)

Weather Information Centre

The Ceroc Information Desk will be situated in the foyer of the main entertainments centre where all the bars and restaurants are situated and the majority of workshops are held, it is opposite the Pontins reception desk. Our very own 'Weather Crew' will be more than happy to deal with all your queries between 10am and 10pm.

You can also book the following at the weather information centre:

- Pole Dancing
- Private Lessons
- Video Clinic
- Masterclasses (see below for details)
- Purchase Ceroc DVDs
- Pick up 'Great Escape' leaflets

Registration

You do not need to bring anything with you when you check in at "Storm".

PLEASE ENSURE THAT ALL OF YOUR GROUP KNOW THEIR GROUP LEADERS FULL NAME AND MOBILE NUMBER

You will be greeted at the registration room and asked to complete a registration form with the name of your group leader and your personal details.

You will then be directed to a numbered table dependant upon the first letter of your group leader's surname. You will then queue at your designated table to pick up your gender specific coloured wristbands.

When called forward you will hand over your registration form to the person at the desk and you will be given an appropriate wristband in exchange which will have your apartment number written on it.

You will then be directed to a central table to pick up your "Storm" Pack where a Ceroc Crew member will assist you in suitably fixing your wristband, after which you will be handed an envelope which contains a Planet "Storm" map and your "Storm" programme.

Guests are required to put their wristbands on before leaving the registration room. As stated, Ceroc Crew will be on hand to assist with fitting your wristbands and will cut off any excess length.

Ceroc registration desks are open from 2pm – 8pm on Friday and if you arrive after that registration will revert to the main Pontins reception.

PLEASE NOTE:

Wristbands cannot be collected for a third party. They will only be distributed to the individual who is to wear them. Essentially you cannot collect wristbands for your friends or partners; everybody has to collect their own.

You are required to wear your coloured wristband at all times during the weekend. Without the wristband you will not be allowed into the main entertainments centre where all the workshops, freestyles, bars and restaurants are located.

There will be security on the doors to the main dance and workshop areas and anyone who has not got a wristband or has the wrong colour wristband will not be allowed entry.

Keys

Pontins only provide two keys per apartment, if however you require additional keys these can be arranged on site via the Pontins reception for a deposit of £5.00 per key.

The keys to the apartments will be given to the people that arrive first from your apartment, so if you arrive after your other guests you can check in and get your wristband, but you will need to find a member of your party before you can access your apartment.

When you check out please return all keys to the Pontins reception

Electricity

If you have booked a 'Club' or 'Classic Plus' apartment then electricity is included.

For Budget and standard Classic apartments you need to purchase electricity tokens from the Pontins reception in the foyer of the main entertainments centre.

They are also available from a vending machine in the foyer.

These tokens are then fed into the electricity meter which is located within your apartment (usually in one of the kitchen cupboards).

You can expect to use somewhere in the region of £5-£10 of electricity throughout the course of the weekend dependent upon how long it takes you to dry your hair!

Essentials

It has been suggested by a number of people that you might want to bring the following with you:

- Your favourite pillow.
- A spare duvet or sleeping bag if you feel the cold or are too tight to pay for the heating.
- Joking apart, the weather can be really cold in March, you may want to think seriously about bringing your fleecy pj's, wooly bed socks, extra bedding, a hot water bottle and even a small electric heater. Alternatively you could always share a bed with a stranger.
- A few rolls of your favourite fluffy toilet paper - remember this is not provided in the budget or classic apartments.
- That enormous mug you have with a picture of a cat on it.
- Your favourite deep breakfast cereal bowl.
- Tea and coffee or your favourite tipple.
- An extra mirror – for some reason not all bedrooms have 1 in as standard
- Iron.
- Corkscrew and tin opener (just in case).
- A pen with which to take part in the lunchtime quizzes or do the daily crossword.
- Hairdryer.
- Foot Cream & Plasters - Even old faithful shoes can hurt if you've been dancing for 12 hours!
- A large bath Towel.
- Swim wear.
- A yoga mat or large beach towel if you wish to do either the Yoga or Pilates classes
- Your regular dance shoes - a weekend event is not the best time to try and break in a pair of new dance shoes.
- Cash point card / cheque book. If you wish to buy Ceroc merchandise on site you will only be able to do this by cash or cheque. There are 2 cash points on site – 1 beside the Weather Centre and 1 in the Nisa shop.

There is a 'Nisa' convenience store on site where you can buy all you basic essentials such as tea, coffee, milk, bread and some hot snacks plus restaurants where you can get a full and wholesome meal.

Weekend Schedule

All the weekend's activities will be detailed in your Storm Passport given to you at registration.

Daytime Freestyle

There will be the opportunity to freestyle during the day at "Storm" for those wanting a break from the workshops.

Beginners

There will be a beginner's welcome class on the Friday evening in addition to the workshops being held on Saturday and Sunday.

Masterclasses

These are new classes with a maximum capacity of 30 people in fixed couples and have been put in place for those people really hoping to master the arts of the dances and styles billed.

As there is a maximum capacity these are workshops rather than classes which will offer interaction with the teachers and the opportunity for direct feedback and are pre-bookable at the Weather Centre in the Main Complex at a charge of £5 per head.

To see detailed class info and teachers biogs visit www.ceroc.com/storm under 'The Event' - Event Schedule.

Great Escape Activities

We have researched a number of alternative activities which are available off site in the local area at additional cost. Specific information regarding these activities will be available on www.ceroc.com/storm closer to the event.

Detailed information flyers will also be available at the Weather Information Centre over the weekend

Activities will include the following:

- Golf
- Horse Riding
- Beach Walks
- Historic Rye
- Discovering the Local Area

Ceroc Wellbeing

Throughout the weekend a team of professionally qualified complimentary practitioners will be on hand offering a variety of treatments to keep you feeling fresh and revitalised.

Deep tissue massage (£20 for 40min)

Is great for releasing aches and restoring tired muscles.

Our team of professionally qualified, experienced Sports Massage Therapists are registered and insured by the professional body for Sports Massage in the UK. Each therapist has in-depth knowledge of muscle, nerve and skeletal function and can treat you from top to toe to keep you feeling energised the weekend through.

Reflexology (£20 for 40min)

Is the practice of stimulating pressure point located throughout the feet that relate to other parts of the body.

Your fully qualified therapist will locate and palpate a number of reflex zones that correspond to body organs. The results can include a break-up of the stress around the body, un-blocking of energy pathways and release of toxins from body tissues.

Indian Head Massage (£20 for 40min)

Is an alternative medicine used to restore energy.

Treatment involves massage of the head, neck and facial areas with the intention of manipulating energy flow. When energy flow is blocked common ailments can result resulting in stress, fatigue and headaches.

Acupuncture (£20 for 40 mins)

Uses fine sterile single use needles placed in specific points on the body to balance energy, achieving a deeply relaxed state. It is also effective in releasing muscle strains and sprains.

Kinesiology (£20 for 40 mins)

Gentle muscle testing and energy balancing, improve muscle balance and co-ordination; good for relieving and preventing muscle strain.

Booking Info:

All bookings to be made at the well being desk located in the foyer of the main building. This desk will be open throughout the weekend for your convenience. All treatments to be paid in full when booking, **we only accept cash.**

Early booking is advisable treatments typically sell out by Saturday lunchtime !!

Yoga & Pilates

There will also be introductory classes in Yoga at 9.30am on Saturday and Sunday mornings & Pilates at 6.15pm on Saturday and 10.45am on Sunday to prepare you and stretch you before and after your long days.

If you wish to participate in these classes then please bring your own exercise mat or a large beach towel with you for the weekend.

If you fancy buying one to bring with you then you can get them at most High Street sports shops or indeed Argos. To buy one on line then try one of the following links:

<http://www.yogamad.com/matsindex.php?OVRAW=yoga%20mats&OVKEY=yoga%20mat&OVMTC=standard>

<http://www.simply-yoga.co.uk/shop/mats.php>

There is also a very nice 25m swimming pool on site which is available for use during the weekend. The pool is supervised by qualified life guards and will be available from 7am – 10am and 1pm – 7pm on both Saturday and Sunday as well as 4pm – 7pm on Friday.

The Boudoir

The Boudoir is our local pub on site and we have arranged entertainment during the weekend to make the Boudoir an interesting and relaxing place to visit during your stay.

The bar will be open all day so you can pop in for a drink, there are the 'Sack the DJ' open deck slots where wannabe dj's can come along and play their favourite tunes, and we have arranged a Lunchtime Quiz plus Karaoke in the early evenings. These activities will be hosted by our own Stand-up team, Steve Thomas, Gordon Pownall and Sally Ford.

'Sack the DJ'

There will be opportunities throughout the weekend for anyone wishing to have a go at DJing and to play their favorite tunes in 'The Boudoir'.

If you are a budding DJ then don't forget to bring your discs with you and book a session in the Boudoir, then round up your friends and impress them with your collection of Latvian 'Eurovision Song Contest' entries let them see what you can do.

Bookings cannot be taken before the event.

Single and Sharing

If you have booked a single and sharing apartment, remember that we will be putting you in a room with a complete stranger.

There are 2 keys available per room so you will pick your keys up at registration and make your way to your room.

You will be sharing a one bedroom apartment which has 2 single beds in the bedroom and a double sofa bed in the lounge.

It is up to you to organize the sleeping arrangements, but essentially the first one there will have first dabs on the bedroom.

STRICTLY NO SMOKING IN THESE APARTMENTS

DVD

There will be a DVD available of the workshops taught over the "Storm 2008" weekend. As before we will be endeavouring to produce the DVD over the weekend and have the finished product for sale on the Sunday. A limited amount will be produced so make sure you make your purchase early on Sunday before they sell out. DVD's sold at the weekend are on sale at a reduced price of £15 but will be available on-line following the event at £20

Pole Dancing

Pole dancing workshops will be available for LADIES ONLY in the 'Games Room' studio on Saturday & Sunday

The pole dancing workshops need to be pre booked on site at the 'Weather Information Centre' which is located in the foyer of the main entertainments complex. Bookings cannot be taken before the event.

Team Cabaret

There will be another team cabaret performance taking place and people will be invited to participate by joining in with the Performance Classes throughout the course of the weekend with Alex & Lisa. Again if you feel you would like to learn the routine and help perform it then please bring a selection of Black/Red clothes.

Private Lessons

Teachers will be available for private lessons during the weekend.

If you require a private lesson then approach the teacher directly or ask at the 'Weather Information Centre' for availability. Payment will be made to teachers directly at a fee of £50 for the hour.

Bookings cannot be taken before the event.

Video Clinic

Have your dancing video'd and get direct feedback to improve your dance style. A copy of your DVD will be given following the session which would last for 45 mins. Please book your session at the Weather Centre and pay the video clinic directly £25.

Lost wristbands

The wristbands are very secure and will not break easily. In reality they can only be removed by using scissors or a sharp knife.

As per our terms and conditions anyone who loses their wristband will not be allowed into the entertainment's area.

You may be allowed to buy a new wristband at a cost of £99.00 each.

'STORM' Hotline

Should you have any queries in regard to this event then please visit our website that contains a wealth of information in the Q&A section, drop us an email at storm@ceroc.com or call the 'Storm' Hotline on 07914 224 799.

Please remember that we cannot process any amendments of any description from 6pm Monday 3rd March

We look forward to seeing you at the event. Make sure you and your group have read the information above and referred to the website to ensure you get straight into the swing of things upon arrival.

See you on the 7th March!