

## PRESS RELEASE

### WELSH RUGBY TEAM TRAINING VISIT TO ST. HELEN'S BAY

"If it's good enough for them it's good enough for you"



The Grand Slam Champions from Wales have just spent a very successful and enjoyable time in Co. Wexford staying at the St. Helen's Bay Golf Resort in Rosslare and the fabulous new White's Hotel in Wexford. The team and management were wholehearted in their praise for the venues, the service, the facilities and the "food".

Competition between a Polish venue, which also has the Cryo therapeutic facility similar to the one in Whites, and the Wexford package was very keen, but when the "recce" party visited the sites in Rosslare and Wexford 3 weeks in advance of their trip there was never any doubt about where they were going to be based – St. Helen's Bay. When Adrian Davis visited his good friend Larry Byrne for the Welsh International game in Croke Park in March he was actually planning the visit at that stage. Larry took him to the main hotels and training facilities in the area and then three weeks later the negotiation on the visit began.

At St. Helen's Bay it was refreshing for the players to have houses, where five or six of them could relate, share experiences and discuss tactics for the forthcoming South African test tour in June.

The ambience of St. Helen's Bay beside the sea, with its beautiful beaches, and choice of golf courses provides tranquillity and relaxation so necessary to prepare teams mentally and physically for tough tests ahead. Distractions don't exist at St. Helen's Bay; you are at one with nature.

The clubhouse offers facilities for massage and treatment, private dining and technical equipment for one on one or team motivational/meeting sessions.

Beside the St. Helen's Bay Resort is one of Ireland's most modern outdoor and training (three sand based pitches) facilities with gyms, an indoor arena, and 10 showering and changing rooms, owned by the St. Mary's Gaelic Athletic Association Club, who welcome visiting teams and provide their facilities to them.

Then in White's Hotel, who are associated with St. Helen's Bay for Team Training, Seminars and Team Building Camps, you will find Ireland's best Centre of Excellence fitness gym and the Cryotherapy unit, unique to Western Europe.

While at St. Helen's Bay, teams can use the hard sand and soft sand beaches for training or the cliff climbing.

It was of huge interest to the Welsh teams that the players, in their time off, had the choice of a range of activities they could enjoy – some played golf others went deep sea fishing, others went to the horse races, and some went sight seeing to the many historical and cultural attractions in the area. Needless to say, they sampled the "craic" also, enjoying some Irish traditional music and local pubs.

The quotes below indicate the level of satisfaction experienced by the Management and team on their visit.

Warren Gatland – Team Coach

*"From start to finish everything was super. The welcome was fantastic, the boys really enjoyed the facilities, it was an excellent base for a training camp such as ours and the food could not have been better. Even the weather turned up trumps for us".*

Steven Jones – Outhalf

*"St. Helen's Bay is a beautiful place, I really liked the course and the fact that everyone was so friendly, it made the lads relax. The standard of the houses and Clubhouse was first class, so I will be back with my mates"*

Alan Philips – Welsh Team Manager

*"You guys made life easy for me; you delivered on everything we asked for. It was great that we could train on such superb pitches in St. Marys and we have made very effective use of the excellent gym facilities in Whites Hotel which complimented the Cryotherapy Unit so well. The team staff really appreciated the hospitality and the variety of top quality restaurants beside the golf course".*