



*1st meeting of IDSA/EDSO
Inspect Visit 2009*

Saturday 13th June 2009

At Crowne Plaza Hotel, Blanchardstown

8th European Deaf Water Polo Championship 2010

NAC, Dublin, IRELAND

5th – 11th September 2010





Present;



- **Isabelle Malaurie** - EDSO President/Official
- **Larry Coogan** – IDSA President
- **Kevin Lynch** – IDSA Vice President
- **Fabian Istvan** – EDSO Waterpolo TD
- **Seán Herlihy** – IDSA Waterpolo Director/IOC
- **Chris Kiely** – IOC
- **Caroline Worthington** – Euro 2010 PR/IOC
- **Paul Ryder** – IDSA Staff





LOCATION





www.nationalaquaticcentre.ie





Meeting room/Office



Lifeguard

G6.17



**MEDICAL
& DOPING**







Changing room



Training pool/ warm up



National Aquatic Centre Dublin
Suíomh na h-Éire
CHECK OUT OUR GREAT PRICES FOR
A WEEKEND BREAKAWAY
WITH SO MUCH TO CHOOSE FROM
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ONE THAT SUITS YOU.
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14:06:19



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POOL DEPTH 2.4M - SWIMMERS ONLY




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NAC

- 5 Dressing rooms
- Anti doping room
- PRESS/Media room
- Office
- Screen – scores etc..
- Bench duty
- Medal Ceremony
- First aid
- Life guard
- Restaurant



A photograph of a vast blue ocean under a blue sky with light, wispy clouds. The word "HOTEL" is written in large, bold, red capital letters with a black outline, centered in the middle of the image.

HOTEL



CROWNE PLAZA®

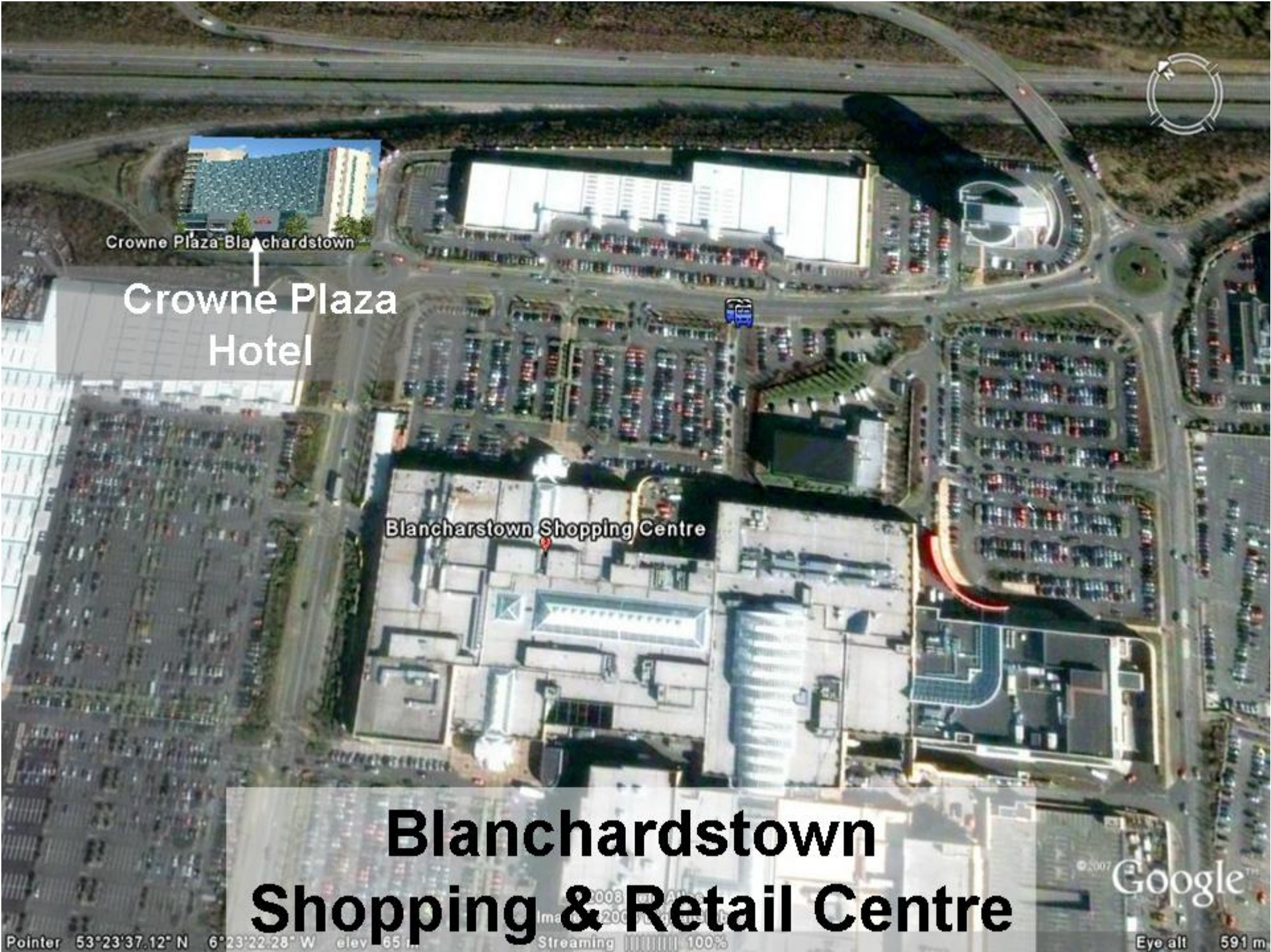
DUBLIN-BLANCHARDSTOWN

Hotel Location

- West Dublin at N3 Navan Road
B'town exit (M50 Jnct.6)
- At Blanchardstown Shopping & Retail
Centre
- 7km to Dublin Airport
- 8km to Dublin City Centre

Hotel Facilities

- 9 Floors
- 188 Bedrooms (4* Deluxe)
- 3 Suites
- 12 Meeting Rooms
- 1 (450m²) Conference Room
- Free Coach & Car Parking
- Restaurant, Bar and Coffee Lounge



Crowne Plaza Blanchardstown

Crowne Plaza
Hotel

Blanchardstown Shopping Centre

Blanchardstown Shopping & Retail Centre

© 2007 Google™

Crowne Plaza Hotel Location Map



Crowne Plaza Accommodation



Standard Twin Double Bedrooms

Crowne Plaza Bedrooms

- 188 4 Star Deluxe Guest bedrooms
- 2 Junior Suites & 1 Royal Suites
- Double beds in all twin rooms



Standard King Rooms

In Room Services

- 24hr Room Service
- Wireless & Broadband
- Mini-bar
- Fluffy bathrobes and Slippers
- Air Conditioning

Sanctuary Bar & Forchetta Restaurant



Crowne Plaza Conference & Meeting facilities



Crowne Plaza

Blanchardstown Overview

Location/Transportation

- Adjacent to Blanchardstown Shopping & Retail Centre
- 8km from Dublin City Centre
- 10 Minutes / 7km from Dublin Airport
- 1.5km from M50 Junction 6 (Dublin ring road)
- 1.5km from Blanchardstown / Coolmine train station
- N3 Navan Road B'town exit

Accommodation

- 188 guest rooms over 9 floors
- All twin rooms have 2 double beds
- 2 Junior & 1 Royal suite
- Dedicated smoking & non-smoking rooms
- Facilities for the physically disabled
- Fully air-conditioned
- 24 hour room service
- In-room high speed internet access, Broadband & Wireless
- Pay movies on demand
- Priority club membership

Restaurants and Dining

- Themed Restaurant (150 seats)
- Hotel Bar serving an extensive selection of food & drink
- 24 hour room service
- Inca Coffee Lounge

Places of Interest

- The Phoenix Park
(Europe's largest enclosed urban park) (3km)
- Dublin Zoo (3km)
- Farmleigh Estate (3km)
- Dublin City Centre (8km)
- Old Jameson Distillery (8km)
- Guinness Storehouse (10km)
- Fairyhouse Racecourse (15km)
- Newgrange (20km)

Leisure Facilities

- On Site fully equipped air-conditioned gym

Other Activities

- Blanchardstown shopping & retail centre
- UCI 9 screen cinema
- Draiocht theatre
- Leisureplex
- Golf

Conference & Meeting Facilities

- 12 state-of-the-art, air-conditioned conference rooms,
- with natural light, accommodating 2-600 delegates
- Extensive audio visual equipment
- Executive boardroom
- Executive lunches and dinners

Team Meeting Room

(Meeting Room Name to be confirmed for Team Meeting Room)

- *Team meeting room will be provided complementary for a competition or training camp team who are staying at the Crowne Plaza Dublin-Blanchardstown*
- *Included in the room complementary is a flip chart and LCD projector and room set up*

Additional extras may include the provision of a Snack Table if required

A regularly stocked snack table should be provided in the team room.

- Apples
- Oranges
- Cereal bar
- Water / Power drink

The following foods will be available:

- Selection of breakfast cereals e.g. Bran Flakes, Weetabix,
- Low fat milk – both semi skimmed and fully skimmed
- Low fat yogurts (not low calorie or diet)
- Variety of sliced breads (wholemeal, white, multigrain, pita)
Selection of spreads and preserves (low fat spread, polyunsaturated margarine, jam, honey, reduced fat peanut butter,)
- Selection of fresh fruits
- Selection of fruit juices

Breakfast Buffet

The following foods for all breakfasts:

- Selection of breakfast cereals e.g. Porridge, Bran Flakes, Weetabix,
- Low fat milk – both semi skimmed and fully skimmed
- Low fat yogurts (not low calorie or diet)
- Variety of sliced breads (wholemeal, white, multigrain,)
- Selection of spreads and preserves (low fat spread, polyunsaturated margarine, marmalade, jam, honey)
- Whole Fresh fruit
- Fruit juice (variety of orange, apple), tea and coffee

Hot breakfast food

- One egg item daily e.g., scrambled eggs, boiled eggs – to be rotated daily
- One bacon item daily – lean pork
- One hot carbohydrate-rich item e.g. baked beans, tinned spaghetti, pancakes with maple syrup - to be rotated daily
- Grilled tomatoes

The following foods will be available at all lunches:

Sandwich and salad bar:

- Selection of white, wholemeal and multigrain breads and rolls.
- Pre-sliced salad vegetables including lettuce, cucumber, tomato, beetroot, carrot and onion
- Selection of cold cuts of meat to include chicken or turkey and ham
- Tinned tuna
- Low fat cheese slices
- Polyunsaturated margarine, low fat spread, low fat mayonnaise, chutney or relish

Hot meal provision

- Homemade soup (choice at hotel's discretion) should be available at all lunchtimes.

- One hot meal will be provided at each lunch time. An example of the following hot food options can be supplied.
- Pasta with chicken in Provencal style sauce
- Baked potatoes with topping e.g.
 - Mexican tuna – tinned tomatoes, tuna, red pepper and onion
 - Baked beans
 - Chicken and sweet corn – in low fat white sauce
 - Chilli con Carne (mild) or Bolognese sauce
- Spaghetti Bolognese or Chilli con Carne with boiled rice or meatballs in tomato sauce with boiled rice or pasta
- Lasagne – extra sheets of lasagne and low fat cheese if used in recipe
- Shepherd's Pie
- Homemade pizza – using small amounts of cheese and plenty of vegetables
- Homemade beef burgers with rolls
- Grilled sliced chicken with tortilla wraps to make up with salad. Tomato salsa availa

■ Sample Dinner menu options

- **Starter** Carrot and Lentil soup, Selection of breads.
- Main Baked Chicken in tomato based sauce, Beef Lasagna, Baked potato, Boiled potato. Mixed salad vegetables, Peas & Sweet corn.
- **Dessert** Fresh fruit salad, Ice-cream.

Or

- **Starter:** Barbeque Spare Ribs, Selection of breads.
- Mains: Baked Chicken fillets in tomato based sauce & Baked salmon, Parsley sauce, Boiled potato, New Potato, Peas & Roasted root vegetables.
- **Dessert:** Fruit crumble & Custard

Or

- **Starter:** Corn on the Cob, Selection of breads,
- Main: Baked Ham, Shepherd's Pie, Parsley sauce, Sweet potato, Mashed potato. Cabbage, Peas.
- **Dessert:** Fruit Pavlova – use plain yogurt instead of cream.

Or

- **Starter:** Barbeque Spare Ribs, Selection of breads.
- Mains: Beef Lasagne & Mild Thai Chicken Main Curry, Plain Naan bread, Boiled potato, New Potato, Peas & Roasted root vegetables.
- **Dessert:** Fruit Crumble & Custard