



ASA SOUTH WEST REGION



THE ASA SOUTH WEST REGION SCHOOL OF SWIMMING DEVELOPMENT

SWIMMING TRAINING COURSE – 27th YEAR

**BRYANSTON SCHOOL, BLANDFORD FORUM, DORSET
DATES: 10-16 AUGUST 2008**

THE COURSE IS TARGETED AT THE 'SKILL DEVELOPMENT' CLUB SWIMMERS WHO COMPETE IN COUNTY EVENTS BUT ARE NOT NECESSARILY FINALISTS IN DISTRICT EVENTS.

Places are available for 11 year and over as at 31 December 2008 (No upper age limit) with emphasis on the 13 plus swimmers. The older swimmers are encouraged to apply.

SPECIAL ATTENTION TO CORE TECHNIQUE IN THE 4 STROKES, IM & START/TURNS

COURSE FEES: EACH FAMILY - £245 (1st CHILD) £235 (2nd CHILD) £225 (3rd/4th /ETC CHILD)

APPLICATIONS CLOSE ON 19 May 2008

- A £50 Deposit is essential with each application form, which will be refunded should application be rejected. Those withdrawing without good reason (ie medical) will forfeit their deposit. Cheques payable to 'SOUTH WEST SCHOOL OF SWIMMING'.
- Successful swimmers will be notified by **9 JUNE 2008**.
- The Course will commence after lunch on **SUNDAY, 10 AUGUST** and terminate after breakfast on **SATURDAY 16 AUGUST**.

Activities Include:

2 Swimming Sessions per day
Lactate & Psychology Lectures
Latex Band Warm Ups
PE/Weight Circuit Training/Videos
Contrasting Activities, including Archery
Specialist Lectures and Goal Setting
Visit by 'Top Name' International IM swimmer
Starts and Turns Workshops

Recreational Facilities Include:

Evening Activities
Squash/Tennis/Badminton/Volley Ball
Video Film/TV
Last Night Disco
Swimmers' Lounge
Cafe

ALL GROUPS WILL WORK UNDER THE DIRECTION OF QUALIFIED COACHES AND PE STAFF, EACH GROUP HAVING ITS OWN CHAPERON. QUALIFIED MEDICAL STAFF ON DUTY THROUGHOUT. REGIONAL DEVELOPMENT FUNDING HAS BEEN AGREED TO EXPAND NEW CONCEPTS IN LINE WITH THE COURSE DEVELOPMENT AND REGIONAL PLANS

Families with financial difficulties are invited to apply to the Ray Clash Memorial Fund for assistance. Please write to the Finance Officer requesting consideration.

Application forms are available from: Mr P L Wilson-Chalon
The Croft
Hardington Moor
YEOVIL
Somerset BA22 9NN (01935) 862973

or

Mr J Saulter
21 Lariggan Crescent
PENZANCE
Cornwall
TR18 4NH (01736 363259)

Or from the District Website: www.swimwest.org

IT IS ESSENTIAL TO ENCLOSE AN SAE FOR APPLICATION FORMS

**PLEASE NOTE: CORRESPONDENCE MUST NOT BE SENT
DIRECT TO BRYANSTON SCHOOL**