

THE ASA SOUTH WEST REGION SCHOOL OF SWIMMING DEVELOPMENT

SWIMMING TRAINING COURSE

Venue: Bryanston School, Blandford, Dorset

This is a Competitive Training Course for Swimmers 11 yrs and over with emphasis on the 13 plus swimmers. The older swimmers are encouraged to apply. The Course is targeted at the 'Skill Development Club' swimmers who compete in County events but are not necessarily finalists in District events

DATES: 15-21 AUGUST 2010

COURSE FEES: £260

Development funding has been approved and an International Swimmer will attend taking pool and dry land sessions. Also Mark Holland, a psychology lecturer from Birmingham University, will be taking educational sessions involving the teaching and practice of psychological skills and strategies for competitive swimmers. Also included are other specialist lectures.

Apply for Information Sheet and Application Forms to:

P L Wilson-Chalon	or	P Sartain
The Croft		43 Blackmore Drive
Hardington Moor		South Down
YEOVIL, Somerset		BATH
BA22 9NN		BA2 1JW

OR from the website: www.swimwest.org

APPLICATION CLOSING DATE: 17 MAY 2009

IT IS ESSENTIAL TO ENCLOSE A Self Addressed Envelope