

# Bristol Central Swimmers Survey

Name \_\_\_\_\_

Age @ 31/12/07 \_\_\_\_\_

Bristol Central Swimming Cub are looking for your help in developing itself as a stronger more competitive and committed club to the sport of swimming.

We would like every member to look at the contents of the survey enclosed and to commit to what they could regularly attend, on a weekly basis. This will help build themselves and the strength of our team.

It will also give the coaches the chance to set sessions for stroke, distance or technique exercises.

## Target Pbs for the year 2008

Stroke	Distance	Current time	Projected time	Seconds improvement

## How am I going to achieve this ?

Write in the section below your commitment from January onwards to Central training

If you have a prior commitment on a day, mark this in the prior commitment column.

Answer = Yes - **Y** / No - **N** or Possible - **P**

Squad current training  Junior Training
     
  Suggested alternatives
     

Training Day	Session	Session	Session	Your prior commitment
Monday	Jubilee - Juniors Swim 7.30-8.30pm	Uni - Squad Swim 8-9pm		
Tuesday		Possible Other 8-9pm		
Wednesday		Uni - Squad Swim 8-9.30pm		
Thursday	Redcliffe - Juniors Swim 6.45-7.30pm	Redcliffe - Juniors Swim 7.30-8.30pm		
Friday		Uni - Squad Swim 7-8pm		
Saturday				
Sunday	Possible land training 11am-12.15pm	Uni - Squad Swim 12.30-1.45pm		

## Stroke Technique

Give Two Stroke / Dive / Turn corrections that you have received in the last 6-8 weeks

Stroke / Dive / Turn	Correction

Thank you for taking the time to fill in our survey and your continued support to the club.

**Mick Shortman**