



The South West Region School of Swimming Development



Residential course

Bryanston School, Blandford Forum, Dorset.

9th - 15th August 2015

For swimmers 11 years and over as at 31 December 2015 (no upper age limit)
Emphasis on technique for all strokes, the IM, starts, turns & finishes.

**Team GB Swimmer
will be in attendance
for 2 days and work
with all swimmers**

Course activities & opportunities will be:

- 2 swimming sessions per day
Specialist lectures in:
 - Psychology
 - Team building events
- Contrasting activities inc archery
- Video Film/TV,
- Making new friends
- Daily land conditioning training
- Physiology
- Group lectures
- Squash/Tennis/Badminton
- Quiz night
- Having fun
- Video analysis of technique
- Nutrition
- Swimmers lounge
- Last night disco
- Café
- Working physically & mentally hard!

The course operates an inclusive policy where ever possible & practicable to do so.

For ASA SW Region Clubs (only) financial assistance may also be possible from the Ray Clash Memorial Fund where costs could exclude a swimmer from attending. Requests should be made separately in writing to ASA SW Finance Officer.

Applications forms are available from:

ASA SW Region's Website: www.swimwest.org

Mr N R Harper
22 Clarence Grove Road
Weston Super Mare
North Somerset
BS23 4AQ
(01934) 622233
email: n.harper@tesco.net

Or
Mr P.Sartain
43 Blackmore Drive
Bath
B&NES
BA2 1JW (0797 1914831)
email: paul.sartain@btinternet.com

All swimmers will work under the direction of qualified & experienced coaches & land conditioning staff.

Each Group will have its own chaperone and qualified medical staff will be on duty throughout.

All inclusive cost: £365 per swimmer

**APPLICATIONS CLOSE ON
22nd May 2015**

Places are limited so apply early!

A £50 Deposit is essential with each application form, which will be refunded should application be rejected. Those withdrawing without good reason (i.e. medical) will forfeit their deposit. Cheques payable to 'ASA South West Region'.

It is essential to enclose a SAE with all application forms.

Successful swimmers will be notified by 19 JUNE 2015.

The Course will commence after lunch (13:15) on SUNDAY 9 AUGUST 2015 and terminate after breakfast on SATURDAY 15 AUGUST 2015.

If places are available consideration for applications from outside the ASA SW Region may be accepted