Masters Development Day

Sunday 19th August 2018 – 09:30 to 15:30

Introduction

London Swimming Masters believes that there may be many masters swimmers in the region that would like to participate in and hopefully benefit from a development day in a 50m pool.

This is a fantastic opportunity for all masters to gain experience in a 50m pool, but especially so for those looking to familiarise themselves before the Europeans and Nationals.

There will be two pool sessions where stroke improvement drills will be practiced and each swimmer's performance will be analysed and possible improvements identified by a Level 3 qualified coach.

In between there will a seminar covering swimming specific exercises and also those for improving core strength, mobility and flexibility.

There will be a hot lunch option available for a cost of £7.50, otherwise please feel free to BYO.

Attendees

Open to all Master swimmers from Swim England London Region affiliated clubs on a first come first served basis, although the Region reserves the right to open the event to other masters if not fully subscribed.

The cost is £30.00 per delegate and costs not covered by this will be paid from the Swim England London Region Masters budget.

Numbers will be limited and all four strokes will be covered so it is essential that attendees are competent Master swimmers in regular training as there will be not be time for basic teaching.

Closing Date

The closing date for applications is **Friday 3rd August 2018** but entries will close earlier if fully subscribed.

Venue

Charlton Lido and Lifestyle Club, Hornfair Park, Shooters Hill Road, London, SE18 4LX and has an Olympic sized, heated outdoor pool.

https://www.better.org.uk/leisure-centre/london/greenwich/charlton-lido#google_map

The Programme

09:30 – 10:00	Welcome & Introductions
10:00 – 11:00	1st Pool Session
11:00 – 11:30	Break & Change
11:30 – 12:30	Lunch and General Discussion
12:30 – 13:30	Seminar
13:30 – 14:00	Break & Change
14:00 – 15:00	2nd Pool Session
15:00 – 15:30	Break & Change
15:30	Depart

The Coach

This is an unprecedented opportunity for London Masters swimmers to meet and be coached by Steve Bratt who is one of London's premier Masters coaches, being not only a UK L3 but also a L4 coach in America, Australia and South Africa. For over 11 years he has been Otter SC's Head Coach, in which time it has continued to be one of the outstanding Masters clubs in the country, winning unprecedented numbers of national and international medals and breaking World, European and British Masters and Disability records.

Swim England London Region

Masters Development Day

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BOOKING FORM

Name		
Address		
Contact Tel Nos		
Email Address		
Club		
Swim England Reg Nos		
Hot Lunch	Nb. £7.50 Extra – If required please tick box and choose options below	

T-Shirt (Please circle)	**XS**	**S**	**M**	**L**	**XL**	**2XL**	**3XL**
Unisex Size	**36-38**	**38-40**	**40-43**	**42-44**	**44-46**	**46-48**	**50-52**

COST £30.00

Payment should be made by BACS to ASA London Region

Account: 41469932

Sort Code: 40-20-09

Ref: MDD19818

Please return to: masters.chairman@londonswimming.org

Please book early to avoid disappointment as numbers will be strictly limited.

Spaces will not be confirmed or reserved until the completed form and payment have been received.

Hot Lunch £7.50

Starter		Main		With	
Prawn Toast		Thai Green Chicken Curry		Rice	
Vegetable Spring Roll		Mixed Vegetable Stir Fry		Noodles	
Vegetable Tempura		Stir Fry Pork with fresh ginger			
Satay Chicken		Beef in Black Bean sauce			

Declaration:

Please note that completion of this form and appropriate payment will signify that you have read and understood the following provisions and agree to abide by them:

1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health, have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which could make it inadvisable for me to participate in Masters swimming events or any other associated activities. Accordingly, I hereby certify that I am physically fit and well to participate in any such training and events.
2. I am aware of and appreciate the inherent risks involved in such training and competition including the possibility of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
3. I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury.
4. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the coach of any concerns I may have as regards safety.
5. I acknowledge that in Masters swimming events London Swimming, Swim England (the ASA) or anybody affiliated thereto, cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against such loss or damage.
6. I hereby agree to abide by and be governed by the rules of Swim England (the ASA) and all other laws and regulations applicable including Swim England (the ASA) Safety Laws.
7. I declare that the information entered on the entry form is correct.
8. Health and insurance are the responsibility of the entrant.