



**University of
Nottingham Sport
Swimming**

University of Nottingham Para-Swimming Taster Day

Sunday 9th December 2018

David Ross Sports Village, University of Nottingham, Nottingham, NG7 2RJ

Audience: 14 - 18 year old disabled swimmers interested in attending University

Cost: Free

Timings: 10:30am – 3:30pm

Supporting the session:

- Glenn Smith (Nova Centurion SC) : Coach to 3 x Paralympic Champion - Ollie Hynd MBE, British Swimming Para Coach of the Year 2015;
- Oludaisi Adefisan : UoN Sports Scholar and Podium Potential para-swimmer
- University Swimming Club

Schedule

10.30-11am	Arrive and refreshments
11-11.45am	Talk with Glenn, Oludaisi and UoN Swimming Club
11.45-12.30pm	Tour of the DRSV facility
12.30 – 1.30pm	Lunch break (please note that food will not be provided)
1.30 – 2.30pm	Swimming session (led by Glenn Smith)
3.00 - 3.30pm	Cool down and stretching
3.30pm	Finish

Contact

To find out more or book on to the day please contact Hannah Webber or Matt Sherriff at:

Hannah Webber – Disability Sports Officer: bbzhew@nottingham.ac.uk

Matt Sherriff – University of Nottingham Swimming Club: ppymas@nottingham.ac.uk

Please Note: Places are limited and will be allocated on a first come, first served basis

Useful Information

The University Swimming Club works in partnership with Nova Centurion, sharing coaching resource and pool time.

Nova and the University are one of Swim England's five performance centres, which have been created to support the development of talented young swimmers.

There are opportunities for swimmers to train out of David Ross Sports Village (25m pool) and Harvey Hadden Sports Village (50m pool).

The University offers sports scholarships to a set number of swimmers each year, through their partnership with Nova and Speedo.

Useful Links:

University Swimming Club

Website: www.su.nottingham.ac.uk/sports/sport/swimming

Facebook: www.facebook.com/groups/27197187083/

Instagram: www.instagram.com/uonswimming

University

Website: www.nottingham.ac.uk/sport/

Facebook: www.facebook.com/uonsport

Instagram: www.instagram.com/uonsport

Nova Centurion

Website: www.novacenturion.co.uk