Somerset Activity & Sports Partnership

Swim Camps
Training & Development Days

Swim Training
Psychology
Land Training
Lectures

Sasp are running FOUR Swim Camps

Coaching Staff Graham Davidson & Mark Rawle

Camps will include pool sessions, land training, lectures & Psychological skills

Camp Levels

- Level 1 (FUNdamnetals—Swim Skills)
- 8-11, years of age 25m legally on 4 strokes
- Level 2 (Swim Skills—Training to Train)
- 9-14 years of age, Competing at County Champs

Able to compete in 100m events

Please bring

- Swimming kit
- Land training kit
- Writing equipment
- Plenty of Drink

Dates; Sunday April 20th, Tuesday May 27th, Sunday Oct 26th & Tuesday April 7th 2009

Cost; £15 per camp or £50 if you book all FOUR. Spaces are limited to 30 per level

Times: Level 1 0800—1200 Level 2 1300—1700

Contact person: Graham Davidson 07919540618, Mark Rawle 07919540495
Or see web site for details www.sasp.co.uk; TDSwim.co.uk, Bridgwaterswim.co.uk

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Name _____

Address _____

_____

Postcode _____

Email _____

Tel No _____

Mob No _____

Medical Info _____

Please return to:
SASP Swimming Development Team
Weir Lodge
Staplegrove Road
Taunton
Somerset
TA1 1DN

Phone 01823 447128

Swimming Club .....

My Coach is .....

Please book me a place on the Camp

CAMP LEVEL

☐ LEVEL 1	£15
☐ LEVEL 2	£15
☐ ALL FOUR CAMPS	£50

Total: _____