



Swim England

South West

MASTERS DEVELOPMENT DAY

Sunday 13th May 2018

8.45am - 5.15pm

at

University of Bath

Claverton Down

Bath

BA2 7AY

Places are limited to 36 and will be given on first come first served basis.
Book early to avoid disappointment!

Initially places will be offered to members of SW clubs up until Thursday 19th April. After this date any free places may be offered to masters in other regions.

The programme includes presentations by :

Sports psychologist **Dr Karen Howells**
Masters multi world record holder **Jane Asher**
Swim England National Masters Officer **Sharon Lock**

2 hour pool swim
yoga / strength and conditioning session
Q & A session or optional extra swim

Cost: £25

SWIM ENGLAND SW MASTERS TRAINING DAY
BOOKING FORM

Name: _____

Club: _____ ASA REG No. _____

Email address: _____

Home address: _____

Phone no. _____

Emergency contact name

Relationship..... Tel No: _____

Your estimated re time for either:

8 x 50m fs on 1.30 _____

OR

8 x 100m fs on 2m _____

Times are useful for us to sort lane speed for the swim session.

Please add any other relevant details including medical information,
wheelchair user, preferred strokes etc

I have paid by BACS * / I enclose a cheque *

* delete as appropriate

Please return the completed booking form to -

ASA South West Regional Office, Castle Business Centre, Castle Road, Chelston Business Park, Wellington, TA21 9JQ

BACS payment to: sort code: 30-90-54 Account no: 04630314

Using the reference - surname / masters

Cheques should be made payable to ASA South West.

Booking will only be accepted once payment has been received.

OFFICE USE ONLY

Payments Received BACS _____

Cheque _____

Accepted? _____

Reserved list _____

Informed? _____