



SASP SOMERSET DEVELOPMENT DAY

Venue: Millfield School

Date: Monday 15TH February 2010

Time: 10.30am – 5.00pm

2 x 50m Pool Sessions

Competition Skills Focus

Land Conditioning Session

Preventing Injury

Education Session

Your Swimming Future

COST: £20

For Swimmers

Aged 11 years and over aiming to swim at county championships and those already swimming at county championships

Swimmers from all Somerset clubs are welcome

Coaches

Karen Pinniger PhD – SASP, Wells & Frome Swimming Club
Alex Pinniger MSc - SASP & Yeovil District Swimming Club

Contact

07919 540737 / apinniger@somerset.gov.uk

Photographs will be taken at this event

Please book me a place for: Monday (11+)
(Tick one box)

Tuesday (8 - 11s)

Name: _____

DOB: _____ **Tel no:** _____

Address: _____

Post Code: _____

Email Address: _____

Club: _____ **Coach:** _____

I have enclosed a cheque payable to SASP for £20

Parent/ Guardian information

Name: _____ **Emergency contact no:** _____

Medical info (inc food allergy) : _____

Please return completed form & cheque to:

SASP SWIMMING DEVELOPMENT

Veronica Fairbairn

Hestercombe House, Cheddon Fitzpaine, Taunton TA2 8LQ

Confirmation will be sent via e-mail

