



## **SASP SOMERSET DEVELOPMENT DAY**

Venue: Millfield School

Date: Tuesday 16<sup>TH</sup> February 2010

Time: 10.30am – 5.00pm

### **2 x 50m Pool Sessions**

Competition Skills Focus

### **Land Conditioning Session**

Speed & Agility

### **Education Session**

Your Swimming Future

**COST: £20**

### **For Swimmers**

Aged 8-11 years 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](mailto: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**

