



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? _____