



Easter Technique Camp

Shrewsbury School

The Schools, SY3 7BA

Tue. April 11th, 2-5pm

Wed. April 12th, 2-5pm

- Improve all four strokes with the help of head coach Dominic Lind and assistant coaches Nikki Piggott and Tom Rowley
- Every swimmer will undergo video analysis on all four strokes and receive tailor made feedback
- 6 hours of total swimming time
- Open to all squad members of C and upwards
- £40 for 2 days intensive coaching
- 30 places available on a first come first serve basis
- Inquiries to dominiclind@gmx.at



Each day you will need to arrive 30min before the start of the session to allow time for getting changed and pre-pool warm-up.

What to Bring and Expect

Each day swimmers need to make sure they bring a swimming costume, goggles, swim hat/s, fins, kick board, pull buoy, towels and a water bottle. Over the course of the two days we will practice all four strokes and each swimmer will get the chance for video analysis with one of the coaches.

Meals and Snacks

Swimmers need to be provided with a small snack (e.g. muesli bar) and water for each day.

Supervision/Health and Welfare

Experienced coaches or a member of staff will supervise swimmers the entire time they are on the camp. All employees have passed a DBS check. They are responsible for the health and welfare of all swimmers on the camp. If a swimmer is feeling unwell, a member of staff will contact the parent or guardian as soon as possible.

Places will be offered on a first come, first serve basis. Book as soon as possible to avoid disappointment!

TERMS AND CONDITIONS

Shrewsbury ASC (SASC)

technique clinic

- **Behaviour:** SASC reserves the right to send anyone home who demonstrates thoroughly unreasonable behaviour.
- **Personal Loss or injury:** SASC cannot accept responsibly for any personal loss or injury sustained by participants.
- **Payment:** has to be made by bank transfer (details below)
- **Cancellation:** SASC reserves the right to cancel the course up to 7 days before the start date if numbers enrolled have not reached the minimum requirement. A complete refund of the fee will be given or an alternative course offered.
- **Refunds:** Refunds will only be given in the event of the course being cancelled by SASC.
- **Video:** Photographs and videos will be taken and may be used electronically for marketing purposes; the ASA Wavepower 2016 - 19 guidance will be followed.

I understand and accept all Terms and Conditions above.

Signature.....

(Parent/Guardian to sign if applicant is under 18 years of age)

Application Form

Swimmer's Surname:

Date of Birth:

Swimmer's First Name(s):

Swimmer's Squad/ Club:

Parent / Guardian Name:

.....

Correspondence Address:

.....

..... Postcode:

Tel. No. Home: Work:

.....

Mobile: Email:

.....

Emergency Contact Telephone Number:

.....

Please state any medical conditions that we should know about:

.....

.....

Name of Doctor:

Tel No:

Payment: I wish to pay for two days of the camp- £40 – To be made by Bank Transfer

Signature:

PLEASE RETURN YOUR COMPLETED APPLICATION, INCLUDING THE SIGNED TERMS AND CONDITIONS TO ONE OF THE SASC COACHES

Please make payment via bank transfer to:

Sort Code: 404130 Account No. 42035235 Ref: EASTER CAMP + surname of child