

**SWIMMING**

**ACADEMY**



**CATERHAM  
SCHOOL**

## **Introducing our first Swim Camp**

*Aim to get faster in the pool by  
improving fitness, strength, speed and knowledge*

**Easter Holidays 2017**

18 to 21 April, 9.00am to 4.00pm

For ages 8 to 16 years

£40 per day / £150 for 4 days



**Contact: Ross Smith, Caterham Swimming Academy Manager**

**Tel: 01883 343028 ext 411**

**Email: [ross.smith@caterhamschool.co.uk](mailto:ross.smith@caterhamschool.co.uk)**

**Harestone Valley Road, Caterham, Surrey CR3 6YA**

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## Easter 2017: Course Details

For the first time ever, Caterham Swimming Academy are offering a 4 day swimming camp to improve fitness, technique and knowledge for competitive swimmers. All applicants must be able to swim a minimum of 400m comfortably.

All aspects of training are included and groups will be arranged according to age, experience and ability. Upon arrival participants will be separated into three teams; Phelps, Adlington, Peaty

All sessions will be carried by either our Swimming Academy Manager- Ross Smith, Coach- James Lovell, or Yoga instructor Julie Maslin.

### Content

3 hours of Swimming each day- 1 training session, 1 swimming workshop  
Stroke development workshops in and out of the pool on all four strokes.

Fun Gala on 4<sup>th</sup> day

Video analysis under and over water

Goal setting – how to get the best out of training and racing

Sports Nutrition

Comprehensive land training including:

- Yoga- Increased flexibility, stronger core muscles. Injury prevention, mental preparation.
- Circuit training

### Items to Bring

Appropriate training costumes/ jammers

Goggles, towel(s)

Pack Lunch & Drinks (no nuts)

Trainers, change of clothes

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To book please complete the form and return it Caterham School Sport Centre.

To confirm your child's space, deadline for bookings is Friday 7 April.

**Please note cancellations of less than seven days from the course start date (10 April) are non-refundable.**

**BOOKING DETAILS**

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ School Year \_\_\_\_\_ Gender: M/F

Parent / Guardian Name: \_\_\_\_\_

Contact Numbers: Mobile: \_\_\_\_\_ Home: \_\_\_\_\_

Email: \_\_\_\_\_

(Circle) Swimming Level: Club, County, National

**MEDICAL INFORMATION**

Please provide any relevant medical considerations that you feel we should be made aware of: \_\_\_\_\_

If you are currently taking any medication, please list it below:

\_\_\_\_\_  
\_\_\_\_\_

**DECLARATION:** In my opinion, my child is fit and able to take part in the 'Caterham Swimming Academy: Swim Camp' activities. I believe that the information given is correct.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

I give consent for photographs and video to be taken of my child for swimming technique evaluation and for marketing purposes.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Payment Information:**

Payments made VIA: WisePay (preferred)    Cash    Cheque ('Caterham School LTD')

Total amount enclosed:



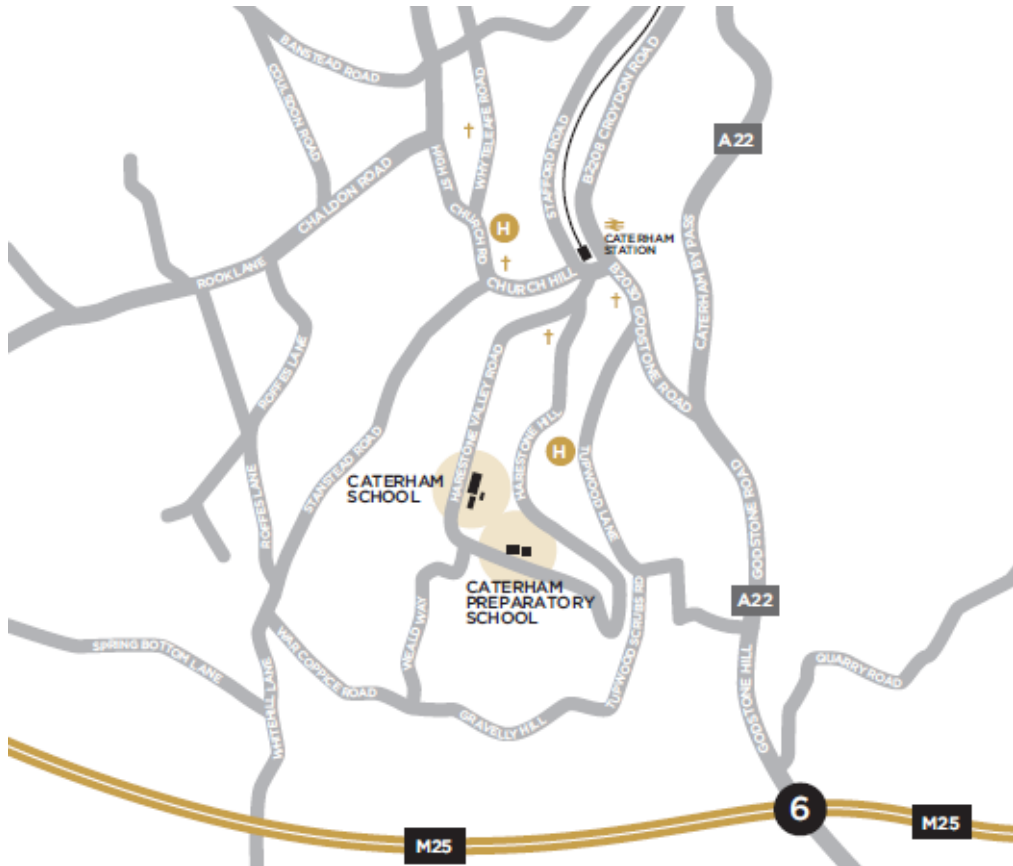
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