

SWIMMING ACADEMY



CATERHAM
SCHOOL

Summer 2017 Swim Camp

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

31st July-4th August 2017

9.00am-4.00pm

For ages 8-16years

£40 per day/ £180 full week



Contact: Ross Smith, Caterham Swimming Academy Manager

Tel: 01883 343028 ext 441

Email: ross.smith@caterhamschool.co.uk

Harestone Valley Road, Caterham, Surrey CR3 6YA



Follow us on Twitter @CaterhamSwim

SWIMMING ACADEMY



Summer 2017: Course Details

After the amazing success of our first camp, Caterham Swimming Academy are now offering a 5 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.

All swimming sessions will be carried out by Ross Smith (Swimming Academy Manager). Incorporated into our camp, qualified instructors will be leading land based training sessions.

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.

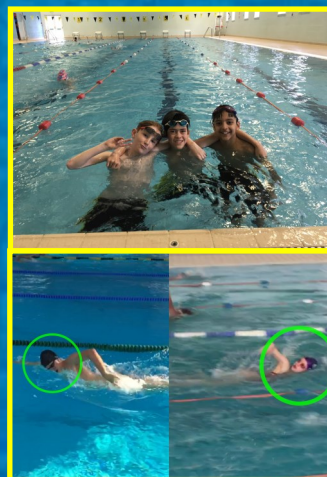
Video analysis under and over water

Comprehensive land training

Class room work– including; nutrition, goal and target setting.

Items to Bring

- Appropriate training costumes/ jammers
- Goggles, towel(s), flippers (not essential)
- Packed 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 24th July 2017.

Please note cancellations of less than seven days from the course start date (31st July) 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:

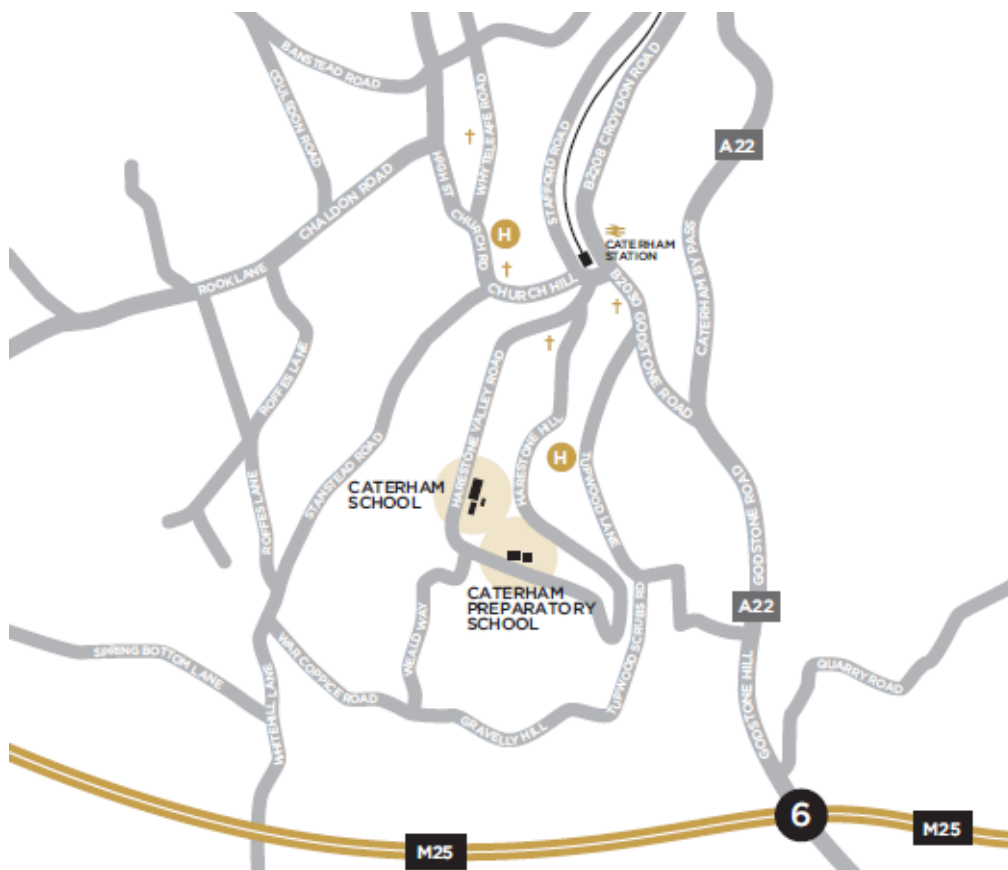
Payments made VIA: WisePay (preferred) Cash Cheque ('Caterham School LTD')

Total amount enclosed:

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