



Belper Marlin Boot Camp

Dear Parents and Swimmers,

As was mentioned at the Presentation Evening, Belper Marlins will be holding their first boot/swim/training camp on the first weekend of half term, 11th and 12th of February 2012

This is a fantastic opportunity for every SWIMMER of every AGE and every SQUAD to join in, plus get everyone really ready for the county championships just a few weekends later!

A few points about what will be required from the swimmers, and what is going on over the weekend.

During the weekend swimmers will have; 3 swimming training sessions, where it will be a combination of fun and skill work, 4 land training sessions comprising of circuits and a few other fun activities, skill workshops, talks from the coaches and capping off the whole weekend, a bit of a fun 'colours gala' on the Sunday night!!

Now what will be required; swimmers will be required to attend the weekend with an open mind and willingness to train, they should be prepared to take part in all the activities and they should be looking forward to it!

The weekend will cost a total of £20 (much cheaper than usual boot camps). This is a fantastic opportunity for every swimmer in the whole club. We really want as much participation as possible! Please hand the form at the bottom in as soon as possible with the required money to any squad coach or directly to Allan McRoberts, so we can get this ball rolling.

If you do have any questions that you have about the event do not hesitate to contact one of the coaches or Allan McRoberts (allanmcr@hotmail.co.uk – He cannot promise to reply right away but will as soon as possible. Just title the email Boot Camp)

All the best, and Happy Christmas,

The Coaching Team

Swimmers Name.....

Date of Birth..... Age on Day.....

Squad.....

Swimmers favourite Colour.....

By signing this, both the swimmer and parent recognise what is being asked of them for this weekend!

Signed by Swimmer.....

Signed by Parent.....