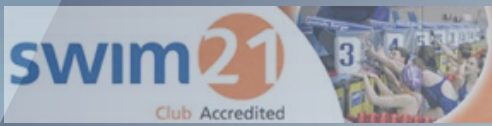




**Saturday 15<sup>th</sup> September 2018**

**Alfreton Leisure Centre**

**2 Pool Time Technique Sessions**



**2 Land / Room Technique Sessions**

**Endless Refueling Stations**

**£12.50 / Swimmer**

BMSC are preparing Skills Camp III for a maximum of 70 dedicated swimprovers to fine-tune their swim technique before the counties. It'll follow the same pattern as the previous events starting with a coaches assessment of technique before heading off to review what can be done better followed by a land based core control technique session, then head home at lunchtime. Swimmers will return late afternoon to put it all together in the 2<sup>nd</sup> 2-hour technique and competition pool session. Throughout, swimmers will take very regular breaks with access to healthy nutritional snacks and drinks.

If you want to benefit from the coaching available, then you need to:

1. Ask Christian Barden, Adam Ridgway, Mike Brett or Rob Rantzen any questions anytime and on [bmscskills@gmail.com](mailto:bmscskills@gmail.com).
2. If your swimmer is 10 years or older and interested please make a quick decision and return completed entry forms and cheque payment by **Saturday 4<sup>th</sup> August** to your swim or land training coach to avoid missing out as places are limited.
3. Start looking forward to moving easier through the water and having a fun filled and focused day with likeminded team mates.