



Belper Marlin Skills Camp III

Saturday 15th September 2018

- What is it?** Skills and technique training for swimmers.
- Who can join?** All swimmers aged 10 and over on the day (exceptions by coach's agreement & all swimmers accepted in Skills Camp 1 will be accepted again).
- Where is it?** Alfreton Leisure Centre.
- When is it?** 15th September 2018 (we know it's in the title but best to be safe!). The 1st session runs from 07:00hrs to 12:30hrs (junior swimmers starting at 08:00hrs) and then all swimmers from 16:00-19:00hrs (latest).
- What's involved?** Swimming, stretching, listening, watching, learning, practicing, friends and fun.
- What's needed?** Your normal pool and land training equipment, lots of water and your favourite gala fuel.
- What's the cost?** £12.50 per swimmer which includes facilities, coaching, drinks and snacks throughout.
- Who's involved?** All your favourite swimming and land training coaches and all your friends.
- Still not sure?** Or need to know more, just contact Christian, Adam, Mike, Rob or bmscskills@gmail.com with "Skills Camp 3 2018" in the title and we'll be sure to get back to you.
- Want to book?** Great, fill in your swimmer details below and hand it, and your payment, to your pool or land training coach.

Swimmers Name 1	
Date of Birth & Age on Day	
Signed Swimmer / Guardian	
Emergency Contact of Guardian	

Swimmers Name 2	
Date of Birth & Age on Day	
Signed Swimmer / Guardian	
Emergency Contact of Guardian	

Swimmers Name 3	
Date of Birth & Age on Day	
Signed Swimmer / Guardian	
Emergency Contact of Guardian	