



Belper Marlin Skills Camp V

Saturday 25th January 2020

- 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 only).
- Where is it?** Alfreton Leisure Centre.
- When is it?** 25th September 2020 (we know it's in the title but best to be safe!). The 1st session runs from 06:40hrs (midlands swimmers) to 12:15hrs (junior swimmers starting at 08:00hrs) and then all swimmers from 16:15-18:15hrs (latest).
- What's involved?** Swimming, stretching, listening, watching, learning, practicing, friends and fun.
- What's needed?** Your normal pool and land training equipment (incl. resistance bands, trainers & PE kit), lots of water and your favourite gala fuel.
- *What's the cost?** £12.50 per swimmer including facilities, coaching, drinks and snacks throughout. Payment will be made by GoCardless (Direct Debit). No refunds unless the event is cancelled.
- 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, Mike, Rob or bmscskills@gmail.com with "Skills Camp 5 2020" 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.

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

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

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