



Swim England South West

MASTERS DEVELOPMENT DAY

Sunday 13th January 2019

8.45am - 5.00pm

University of Bath

Claverton Down, Bath, BA2 7AY

Places are limited to 36 and will be given on first come first served basis.
Book early to avoid disappointment!

The programme includes presentations by:

Dr Karen Howells CPsychol Sports Psychologist

"Using psychological skills to build confidence"

Jane Asher BEM Masters Multi World Record Holder

"Designing your training to suit you and your needs"

Sharon Lock Swim England National Masters & Open Water Officer

"An introduction to open water swimming"

"Plus Masters Q & A "

Ian Woollard Barnet Copthall Masters Coach will lead two pool
sessions

In addition, there will be a yoga/strength and conditioning class - Q & A
session

Cost: £25

Application forms from the Regional office:

Tel: 01823 666792 swimsouthwest@swimming.org