



**Swim England**

**South West**

## **MASTERS DEVELOPMENT DAY**

**Sunday 13th May 2018**

**8.45am - 5.15pm**

at

**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!**

**Initially places will be offered to members of SW clubs up until Thursday 19th  
April. After this date any free places may be offered to masters in other  
regions.**

**The programme includes presentations by :**

**Sports psychologist Dr Karen Howells  
Masters multi world record holder Jane Asher  
Swim England National Masters Officer Sharon Lock**

**2 hour pool swim  
yoga / strength and conditioning session  
Q & A session or optional extra swim**

**Cost: £25**

**SWIM ENGLAND SW MASTERS TRAINING DAY**  
**BOOKING FORM**

Name: \_\_\_\_\_

Club: \_\_\_\_\_ ASA REG No. \_\_\_\_\_

Email address: \_\_\_\_\_

Home address: \_\_\_\_\_

Phone no. \_\_\_\_\_

Emergency contact name .....

Relationship..... Tel No: \_\_\_\_\_

Your estimated re time for either:

8 x 50m fs on 1.30 \_\_\_\_\_

OR

8 x 100m fs on 2m \_\_\_\_\_

Times are useful for us to sort lane speed for the swim session.

Please add any other relevant details including medical information,  
wheelchair user, preferred strokes etc

I have paid by BACS \* / I enclose a cheque \*

\* delete as appropriate

**Please return the completed booking form to -**

ASA South West Regional Office, Castle Business Centre, Castle Road, Chelston Business Park, Wellington, TA21 9JQ

BACS payment to:      sort code: 30-90-54      Account no: 04630314

Using the reference - surname / masters

Cheques should be made payable to ASA South West.

**Booking will only be accepted once payment received.**

OFFICE USE ONLY

Payments Received    BACS \_\_\_\_\_

Cheque \_\_\_\_\_

Accepted? \_\_\_\_\_

Reserved list \_\_\_\_\_

Informed? \_\_\_\_\_