



The South West Region School of Swimming Development



Residential course

Bryanston School, Blandford Forum, Dorset.

14th - 20th August 2016

For swimmers 11 years and over as at 31 December 2016 (no upper age limit)
Emphasis on technique for all strokes, the IM, starts, turns & finishes.

**Team GB Swimmer
will be in attendance**
for 2 days and work
with all swimmers



Course activities & opportunities will be:

- 2 swimming sessions per day
- Specialist lectures in:
 - Psychology
 - Team building events
- Contrasting activities inc archery
- Video Film/TV,
- Making new friends
- Daily land conditioning training
- Physiology
- Group lectures
- Squash/Tennis/Badminton
- Quiz night
- Having fun
- Video analysis of technique
- Nutrition
- Swimmers lounge
- Last night disco
- Café
- Working physically & mentally hard!

The course operates an inclusive policy where ever possible & practicable to do so.

For ASA SW Region Clubs (only) financial assistance may also be possible from the Ray Clash Memorial Fund where costs could exclude a swimmer from attending. Requests should be made separately in writing to ASA SW Finance Officer.

Cost £380

Closing date for applications 23 May 2016

Notification of acceptance 20 June 2016

Applications forms are available from www.swimwest.org