



Saturday 16th September 2017

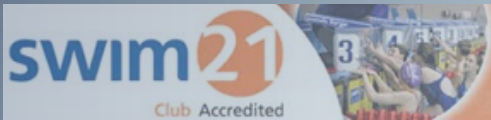
Alfreton Leisure Centre

2 Pool Time Technique Sessions

2 Land / Room Technique Sessions

Endless Refueling Stations

£12.50 / Swimmer



BMSC are preparing an EPIC skills camp for a maximum of 80 dedicated swimmers to fine-tune their swim technique. It'll start with coaches assessment of current technique before heading off to review what can be done better followed by a land based core control technique session, then head home at lunchtime. Swimmers will return late afternoon to put it all together in the 2nd 2-hour pool session. Throughout, swimmers will take very regular breaks with access to healthy nutritional snacks and drinks.

If you want to benefit from the coaching available, then you need to:

1. Ask Christian Barden, Adam Ridgeway, Mike Brett or Rob Rantzen any questions anytime and on bmscskills@gmail.com
2. Make a quick decision and return entry forms and payment by **Tuesday 15th August** to your swim or land training coach to avoid missing out as places are limited
3. Start looking forward to moving easier through the water and having a fun filled and focused day with likeminded team mates