



**Saturday 25th January 2025**

**Alfreton Leisure Centre**

**2 Pool Time Technique Sessions**

**SwimMark**

**2 Land / Room Technique Sessions**

**£25 / Swimmer**

BMSC are already preparing Skills Camp for a maximum of 45 dedicated swimprovers to fine-tune their swim technique. It'll follow a slightly different schedule as the previous events, still starting with filmed assessments of technique swimmers will then go home returning in the afternoon to review their footage and see what can be done better on the screen, followed by a land based core control technique session delivered by The Derbyshire Institute of Sport, Swimprovers will then return to the pool to put it all together in the 2<sup>nd</sup> 2-hour technique and competition pool session. Throughout, swimmers will take very regular breaks so ensure to send your swimmer with healthy nutritional snacks

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

1. Ask Caroline Burke, Mike Brett or Rob Rantzen any questions anytime.
2. If your swimmer is 10 years or older and interested please watch out for the invitation emails being sent out shortly, to avoid missing out reply as soon as possible as places are limited (payment will be collected via GoCardless [Direct Debit]).
3. Start looking forward to moving easier through the water and having a fun filled and focused day with likeminded team mates.