



Starts & Turns Swim Camp – Saturday 6th July 2019



City of Sheffield Elite Squad Coaches will be running a One Day Starts & Turns Camp aimed at 8-14 year old swimmers who are looking to improve their techniques.

International swimmers from the Senior Squad will be on hand to provide in water demonstrations.



Training on using start wedges off the block and for backstroke starts, entry in and out of turns and improve rotational speeds.

We will show you how the fastest swimmers do it!



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Limited Spaces available

Price £65

Where Champions are Made!

Bespoke camp will be held at:
Worksop College S80 3AP

Registration at 9.00am
Collection at 3.00pm
Drinks and sandwiches Included
Parents can come and watch

To register or for further details
email:

camps@cosss.co.uk





Starts & Turns Swim Camp – Saturday 6th July 2019

Details About the event

Location

Worksop College Swimming Pool, Cuthberts Avenue, Worksop Notts, S30 3AP

Contact Number: 01909 537100

Start Time

10.00am

Finish Time

3.00pm

Course

Starts & Turns

About the Event

Swimmers will be split into groups to provide maximum time with each swimmer. The Elite Coaches will provide tuition to the group and individual 1:1 as necessary. The swimmers will be instructed on starts & turns on all strokes including IM turns. The event is aimed at age groups between 8-14 who currently compete at level 3.

Our Senior Elite swimmers will be on hand to conduct demonstrations.

Parents

We welcome parents to attend during the day and feedback will be provided.

Refreshments

Water will be provided for swimmers, Teas & Coffee will be available for parents.

Awards

Various awards will be given to the swimmers by the coaching staff at the end of the day.

Questions:

If you have any further questions please email to camps@cosss.co.uk

TEAM STEEL

THE PRIDE OF SHEFFIELD

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Booking Form

(Complete One form per Swimmer)

Name of Swimmer

Club

Age on the Date of Event

Address

Emergency Contact Number

Dietary Requirements

How many parents will be present for the day?

Price per Swimmer

£65 to be paid in full when booking

Payments to be made to:

BACS payments to COSSS LTD

Ref. Camp 06/07/19

Acc No 19893376 sort code 05-08-48

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