

ASA SouthWest
Continuing Professional
Development Seminar



Introducing Breaststroke and Butterfly

Nigel Aldridge, ASA Lead Tutor

Sunday 11th March 2007

Accredited by the IOS as
contributing towards the
ASA Teacher/Coach
Licensing Scheme and
Personal Development

The Severnside Complex, Thornbury, Gloucestershire

SPEAKER	Nigel Aldridge is an extremely popular and knowledgeable Principal Tutor and Coach. He is one of the newly appointed Lead Tutors and as such commands a high degree of respect throughout the country. A regular visitor to the Southwest his seminars are always entertaining as well as informative.
TOPIC	Nigel will help make teaching and coaching of these strokes more effective by renewing and increasing knowledge of the mechanics of the movements involved. He will also show ways to improve analysis of the stroke by leading observation of performance in the pool.
SUITABILITY	SUITABLE FOR Level 1 and 2 TEACHERS
VENUE	The Severnside Complex, Thornbury Leisure Centre, Alveston Hill, Thornbury, South Glos BS35 3JB
TIMETABLE	09.00 – 09.30 Registration, introductions, tea and coffee provided 09.30 – 11.45 Lecture 12.00 – 13.00 Pool Breaststroke and Butterfly practices with observation First 20 to apply can take part in the water – see application form 13.15 – 14.00 Lunch Please bring your own lunch but tea/coffee is provided 14.00 – 16.00 Lecture 16.00 – 16.30 Discussion and Departure
COST	£27.50 IOS members £32.00 non-members (Includes coffee/tea on arrival and at lunch plus CPD accreditation)
BOOKING A PLACE	Complete and return attached application form with payment. Places will not be held without payment.
LUNCH	Tea/coffee will be provided twice during the day. On this occasion please bring a packed lunch or there is a café and vending machines are available. You can pre-order food for lunch but please do this directly with the venue on 01454 865777 and ASA will not take any enquiries on this. Bring any other additional refreshment you may require
WHAT TO WEAR	If you are successful in getting a swimming place bring swimming things. If unsuccessful bring poolside shoes and comfortable clothes. Remember poolside get very hot. Water in a plastic bottle is a good idea.
HAVE YOU GOT A PLACE?	You will receive a receipt to confirm your place or cheque returned if you have not. If you are paying by purchase order you will receive a receipt. If there are more than one applicant on a form one person will receive the receipt or the returned cheque.
MULTIPLE PLACES	Full details of every person attending must be included on the application form.
HOW DO YOU FIND IT?	The postcode is listed to access a map from the internet. The full address is included if you need to look in a map book. The phone number of the venue is 01454 865777 if you wish to call for local directions. As a last resort email jane.wilson@swimming.org
CLOSING DATE	Sunday 4 th March 2007

Please complete and return the attached application form

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APPLICATION FORM

NOTES: Please call with questions to Jane Wilson 07920 106923 or email jane.wilson@swimming.org

This course will run subject to sufficient demand.

If the course is cancelled or is over subscribed and you do not get a place your payment will be returned.

Early application is advised.

Payment is the only way to secure a place.

Group bookings - please include on the reverse of the reply slip the names, addresses & IOS number of all attendees. Failure to do this could mean no accreditation being awarded.

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I wish to enrol on the ASA Southwest seminar Breaststroke and Butterfly with Nigel Aldridge at Thornbury on 11th March 2007.

(Please use capitals)

(MR/MISS/MRS)..... SURNAME:.....FIRSTNAME:

ADDRESS:

..... Post Code

TEL.NO:(Daytime).....(Evening)

EMAIL ADDRESS:.....

CLUB: (If applicable)..... IOS MEMBER NO:

I enclose a cheque for: £ Payable to 'ASA SOUTHWEST'

I enclose a purchase order/order number with details of who is paying for my place.
.....

I enclose Swim 21 vouchers [Enter number of vouchers].....

I WOULD LIKE TO TAKE PART IN THE WATER YES/NO
(You will be told if you have got a swimming place)

Signed: Date:

Return to Jane Wilson, Regional Education Officer ASA South West Regional Office, Gloucester City Council Learning and Leisure, Herbert Warehouse, The Docks, Gloucester GL1 2EQ