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| **C:\Users\Kristie Jarrett_2\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\ICTBY4Z8\Swim England South East.jpg** [Swim England Diving](http://www.swimming.org/) Strength and Conditioning Workshop for Swimming Coaches Saturday 24th February 2018  Stoke Mandeville Stadium (Olympic Lodge)  9am – 1pm  This strength and conditioning workshop for swim coaches will cover age group appropriate exercise including warm ups, extended warm ups and progressions/programming, long term athletic development and considerations for the growing athlete and female athletes.    England Talent County Coaches and Team Managers Conference  Sunday 18th March  Leatherhead Leisure Centre  10am – 3pm  This conference will be aimed at level 1 coaches, level 2 coaches are also welcome. Please see the attached agenda for further details. |

Booking Form

Strength and conditioning workshop/ County Conference

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| **Event Select, please mark with X in the relevant box** | |  |  |  | | --- | --- | --- | | **S and C workshop** | **County Coach Conference** | **County Team Manager Conference** | |  |  |  | |
| **Name** |  |
| **Club** |  |
| **Contact E-mail address** |  |
| **Contact Telephone number** |  |
| **Dietary requirements** |  |

Cost: £20 per coach/ Team Manger, £10 per coach/ Team Manager from a Swim Mark Accredited club.

Payment should be made by BACS to the South East Region;

Account number: 11514679

Sort Code: 40 – 32 – 19 Ref: CTMC <Lead Coach/Team Manager surname>

Or Ref: SCC <Coach Surname>

Please return this booking form to [bryony.gibbs@swimming.org](mailto:bryony.gibbs@swimming.org)

Confirmation of places will be sent by e-mail, if you would like further details please contact [Kristie.jarrett@southeastswimming.org](mailto:Kristie.jarrett@southeastswimming.org)

[Swim England Diving](http://www.swimming.org/)email-sig