

Masters Development Day – Stroke Technique

Saturday 7 April 2018 - 9.15am to 4.30pm

Introduction

In response to the many requests made by Masters at previous Swim South East Development Days we are dedicating a day in April 2018 to stroke technique for Masters. There will be a classroom session where stroke basics will be explained followed by two pool sessions all conducted by a qualified coach. In the pool stroke improvement drills will be practiced and each swimmer's performance will be analysed and possible improvements identified. In addition there will be gym sessions with exercises for core strength, mobility and flexibility. These have also proved to be very popular in previous Development Days. The Day will conclude with a panel discussion with Masters World Champions' Jane Asher and Mike Hodgson and National Masters Officer Sharon Lock.

Attendees

Open to all Master swimmers from Swim England South East Region affiliated clubs. The cost is £25.00 per delegate and costs not covered by this will be paid from the Swim England South East Masters budget. Numbers will be limited. Spaces will be available on a first come first served basis and if fully subscribed there will be a wait list. All four strokes will be covered and it is essential that attendees are competent Master swimmers in regular training as there will be not be time for basic teaching.

Closing Date

The closing date for applications is **Monday 26 March 2018** but entries will close earlier if fully subscribed.

Venue

ACS International Schools, Portsmouth Road, Hersham, Cobham, KT11 1BL. This venue has an excellent six lane 25m pool and a gymnasium. Participants are expected to bring their own lunch. Bottled water and tea and coffee making facilities will be available.

The ACS International Schools - 25m 6 lane pool

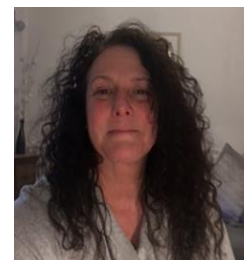


The Programme

9.15am to 9.30am	Welcome Introductions and tea & coffee in the ACS Sports Building.
9.30am to 10.15am	Swimming better A classroom session conducted by Coach Sharon Davies covering basic stroke techniques.
10.15am to 10.30am	Break and change for pool and gym
10.30am to 11.25am	Pool and gym The group will be split into two groups, A & B. Group A in the pool for a front crawl and back crawl session while Group B will be in the gym for core work exercises.
11.25pm to 12.20pm	Pool and gym The groups will change activities with Group A in the gym and Group B in the pool.
12.30pm to 1.30pm	Lunch and general discussions
1.30pm to 2.20pm	Pool and gym Group A in the pool for a butterfly and breaststroke session and Group B in the gym for flexibility and mobility exercises.
2.20pm to 3.10pm	Pool and gym The groups will change activities with Group A in the gym and Group B in the pool.
3.15pm to 3.30pm	Break
3.30pm to 4.30pm	Masters World Champions Session and General Discussion Participants will join a panel discussion with Masters World Champions Jane Asher and Mike Hodgson, National Masters Officer Sharon Lock and the coaches about their experiences with masters swimming, training and competition tips and other relevant masters matters. The panel will be chaired by Will Long, Sussex Masters Representative and SER Board Member.
4.30 pm	Depart.

The Team

Sharon Davis, Sandhurst Dolphins Swim School – Sharon has spent the last 40 years in swimming as a competitor, teacher and coach. She competed at the Olympic Trials in 1988 in 400IM and 200 Fly with the City of Birmingham, and she coached with Rushmoor Royals from 2011 to 2014. For 20 years she was a Physical Training Instructor in the Military, specialising in Exercise Injury Rehabilitation, an RLSS Trainer and Assessor, and a Lifeguard and First Aid at Work instructor. In 1990 Sharon was part of the relay team that held the Guinness World Record for Gibraltar to Morocco Swim. Sharon holds the ASA/Swim England Level 2 qualifications for both teaching and coaching and is now owner of the very successful Sandhurst Dolphins Swim School and Academy which prepares youngsters for club, county, regional and national swimming.



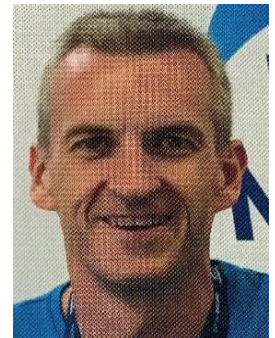
José Suarez, Rushmoor Royals Swimming Club – José, has a background in sports therapy and injury rehabilitation, with a particular emphasis on injury prevention. Jose is currently running the landwork programme for Rushmoor Royals where the aim is to help develop as many national standard swimmers as possible. Jose also works with National youth judo and tennis athletes. He conducted the gym sessions at the SSE Masters Development Days in 2016 and 2017 and proved to be very popular with the Masters who attended.



Sharon Lock, Swim England National Masters & Open Water Officer – Sharon, was a swimmer in her youth and then re-started Masters at the age of 30. Sharon has competed in all levels of Masters Competitions and has been an enthusiastic promoter of Masters swimming as well as being Leicestershire County Representative for five years. Sharon now works for Swim England in Loughborough and is responsible for Masters activities within England. Sharon also works with the Swim England Masters Working Group to support all English Masters. Sharon will be available during the day to discuss any Masters swimming matters and to answer questions.



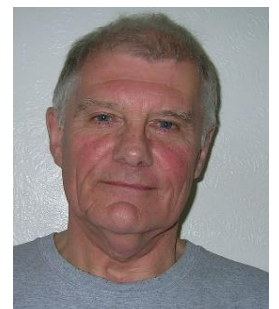
Mike Hodgson, World Champion Masters swimmer – Mike's recent swimming successes culminated with him winning three individual gold medals and two silver medals in the World Championships in Budapest last year. His gold medals were in 100m breaststroke, 50m fly and in a world record time 50m breaststroke, together with silver in 200m breaststroke and 100m fly. Mike will be joining the team for the last part of the programme to answer questions and discuss Masters swimming in general.



Jane Asher, one of our most prolific record holders – Jane will also be joining the team for the final hour of discussion. Jane currently holds 59 British Short Course records, 52 British Long Course records, 33 European Short Course records, 32 European Long Course records, 26 World Short Course records, and 20 World Long Course records. Jane has a wide range of interests outside swimming including Pilates, Tai Chi, and open water swimming. She is also an opera fan.



Geoff Stokes, Swim South East Masters Manager – Geoff has been involved in Masters swimming for many years and currently holds British records, 3 Short Course and 4 Long Course. He has won 5 World Championships. He holds a Swim England/ASA level 2 coaching qualification and currently coaches the Rushmoor Royals Masters squad 4 nights a week. Geoff will be supporting Sharon for the pool sessions.



Will Long, Sussex Masters Manager – Will is a masters swimmer as well as also being a board member of the South East Region Swim England and Chairman of Sussex based swimming club Beacon SC and an organiser of the South East Masters Development Day.



**Swim England South East
Masters Development Day – Stoke Technique
Saturday 7 April 2018
9.15am to 4.30pm
Booking Form**

Name	
Address	
Contact Tel No.	
Email Address	
Club	
Swim England Registration Number	

Cost: £25

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

Account number: 11514679

Sort Code: 40 – 32 – 19

Ref: MDD <Your Swim England Registration Number>

Please return this booking form to bryony.gibbs@southeastswimming.org

Please book early to avoid disappointment as numbers will be strictly limited.

Spaces will **not be** confirmed or reserved until the completed form **and payment** have been received.