**Swim England South East – Synchro Regional Upskill 2018**

**Venue:**

Holiday Inn, Reading South, M4 Junction 11

500 Basingstoke Road,

Reading, RG2 0SL

**Tutor:**

Jenny Gray, MBE

***Cost:***

£10.00 per person per day (South East Clubs) £25.00 per person per day (Clubs from other Regions)

**Saturday 27th January – 10.00am – 4.00pm:**

Judge Upskill – this session will be aimed at Judges but anyone is welcome.  The session will explain the proposed changes to the Judging system followed by information about the new Fina Age Group figures and new Fina Technical Elements and how they are judged.

**Sunday 28th January – 10.00am – 6.00pm:**

Coaches Update – this session is aimed at coaches and poolside helpers but anyone is welcome.  The session will explain how to coach the new Fina Age Group figures and new Fina Junior Technical Elements.

This session will be in two parts: 10.00am – 3.00pm will be classroom based and 4.00pm – 6.00pm will be on the poolside coaching swimmers during a Reading Royals Club session at Central Swimming Pool. Jenny will lead the session on the poolside, it will be Jenny coaching the coaches who coach the swimmers so people can put it into practice what has been learnt or discussed earlier in the day.

**Additional Information:**

Tea, coffee and water will be provided. Please bring a packed lunch or make your own lunch arrangements.

Please complete and return the bottom part of this form and payment no later than Monday 22nd January 2018 to Di Hughes, 30 Crown Lane, Theale, Reading, RG7 5BG.

Name (PLEASE PRINT):

Club (PLEASE PRINT):

ASA Membership Number:

Contact Number:

E-mail Address:

How many days will you be attending?

Which day will you be attending if only attending one day?

Do you have any specialist learning requirements?

Do you have a disability/medical condition?

If you have answered yes to either of the above please provide further details on how we can assist you: