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# Regional 12 year old Camps 2018 Coach Development Opportunities

Saturday 30th June, ACS School, Cobham, Surrey

Saturday 1st September, ACS School, Cobham, Surrey

Saturday 24th November, ACS School, Cobham, Surrey

We are pleased to invite coaches from around the region to attend these camps to listen to the workshops and to observe the practical sessions. If you would like to attend please complete the form below to confirm your attendance. We can offer morning, afternoon or all day depending on your subject interest. Timetables can be found below.

|  |  |  |  |
| --- | --- | --- | --- |
| Name: |  | Club: |  |
| E-mail Address: |  | Contact number: |  |
| Camp 1 Morning 9.00am - 12.30 |  | Afternoon 1.00 – 4.15pm |  |
| Camp 2 Morning 9.00am – 12.30 |  | Afternoon 1.00 – 4.15pm |  |
| Camp 3 Morning 9.00am – 12.30 |  | Afternoon 1.00 – 4.15pm |  |
| Please select all sessions that you would like to attend. | | | |

To book your place please e-mail this form to [Kristie.jarrett@southeastswimming.org](mailto:Kristie.jarrett@southeastswimming.org) /07725201601

Spaces are limited so please book early to avoid disappointment

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**Timetable**

**12 year old camps 2018**

**ACS International School, Heywood, Portsmouth Road, Cobham, Surrey KT11 1BL**

|  |  |  |
| --- | --- | --- |
| **Time** | **Session** | **Venue** |
| 08:45 – 09:00 | Registration | Dance Studio |
| 09:00 – 09:15 | Welcome Meeting | Dance Studio |
| 09:15 – 10:15 | Classroom Based Workshop  30th June – Starts and Turns workshop (swimmers only, Head Coach)  1st September – Goal setting Workshop (Swimmers and parents with Psychologist)  24th November – Nutrition (Swimmers and parents) | Dance Studio |
| 10:15 – 10.30 | Pre Pool | Sport Hall |
| 10:30 – 10.45 | Change | Changing rooms |
| 10.45 – 12:00 | Swim Session 1  Camp 1 Breaststroke starts  Camp 2 Front crawl and butterfly starts  Camp 3 Backstroke Starts | Pool |
| 12:00 – 12:15 | Change | Changing Rooms |
| 12:15 – 12:30 | Post Pool | Dance Studio |
| 12:30 – 13:00 | Lunch | Dance Studio |
| 13:00 – 14:00 | Land Training  30th June - Mobility for starts and turns (physiotherapist)  1st Sept - Stability for starts and turn – (S and C coach)  24th November – Fundamental movement patterns (S and C Coach) | Sports Hall |
| 14:00 – 14:15 | Pre Pool | Sports Hall |
| 14:15 – 14:30 | Change | Changing rooms |
| 14:30 – 15:45 | Swim Session 2  Camp 1 Breaststroke and butterfly turns and finishes  Camp 2 Front crawl turns and finishes  Camp 3 Backstroke turns and finishes | Pool |
| 15:45 – 16:00 | Change | Changing Rooms |
| 16:00 – 16:15 | Post Pool | Dance Studio |
| 16:15 – 16.30 | Swimmer/ Coach Meeting | Dance Studio |
| 16.30 – 16.45 | Closing Meeting | Dance Studio |
| 16.45 – 17:00 | Sign Out | Dance Studio |