

SWIM ENGLAND EAST MIDLANDS

Unit 7 Basepoint Business Centre,
Isidore Road, Bromsgrove Enterprise Park,
Bromsgrove, Worcestershire
B60 3ET

Tel: 01527 888929



Swim England

East Midlands

Annual Council Meeting

SUNDAY 16TH SEPTEMBER 2018

SPORTPARK, 3 OAKWOOD DRIVE, LOUGHBOROUGH LE11 3QF

As part of the 2018 Annual Council Meeting, Swim England East Midlands will be running some workshops for club members.

Team Manager module 2 – FREE
(pre-requisite Team Manager module 1)

9.30am – 12.30pm

FINA rules update (Officials) – FREE

9.30am – 12.30pm

Young Aquatic Helper workshop (13 – 16 years) – FREE

9.30am – 12.30pm

Nutrition workshop - £5 for SwimMark clubs, £10 non SwimMark clubs

Delivered by Andy Shepherd from Absolute Sports Nutrition

Covering Female vs Male nutrition, Body composition, Team camps and competitions

Aimed at all coaches and although swimming examples, transferrable to all disciplines.

9.30am – 12pm

Safeguarding & Protecting Children - £30

1.30pm – 4.30pm

Annual Council Meeting – FREE

1.30pm – 3.30pm

Lunch is available from 12:30pm – 1:30pm.

To book a space on a course please contact the regional office by telephone on 01527 888929 or email eastmidland@swimming.org.

Payments can be made by cheque payable to 'ASA East Midland Region' or contact the office for bank details.

Book early as spaces are limited!

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