City of Coventry Swim Skills Camps 2017 Summer Booking Form

4 Day Stroke Camp - £135

The focus of the camps will be to fine tune technical skills in each of the 4 strokes. The swimmers will focus on a different stroke each day within two pool sessions, covering all elements of the stroke including starts, turns, transitions and finishes. Under the guidance of one of City of Coventry Swimming Clubs Senior Coaches, swimmers will also be introduced to Land Training and be given tips on various areas of swimming.

Dates: Camp $A = Monday 31^{st} July-Thurs 3^{rd} Aug$

Camp B = Monday 7th Aug-Thurs 10th Aug Camp C = Monday 14th Aug - Thurs 17th Aug Camp D = Monday 21st Aug - Thurs 24th Aug Camp E = Tuesday 29th Aug - Fri 1st September

Day 1 = Butterfly Day 2 = Backstroke Day 3 = Breaststroke Day 4 = Front crawl

Venue: 25m pool at University of Warwick (map located on club website),

Post code CV4 7AL

Times: 8.30am to 3.30pm every day.

Age: 8-12 year olds (we can take younger as long as they are in a

competitive club squad). Only swimmers who are ASA Category 2

registered can attend.

We can have a maximum of 24 swimmers for each training day so book early to avoid disappointment. Places will be allocated on a first come first served basis once full payment & booking forms are received.

There has been an increase in the prices for 2017 due to increase in the venue hire costs. There are discounted rates available for COCSC club members and swimmers who have been on a camp before.

| Price for new swimmers to the camps | £135.00* |
|---|-------------|
| Price for Swimmers who have been in previous years | £120.00* |
| Price for City of Coventry Swimming Club Members (2017) | £110.00* |
| Price for 1 day/2 day/3 day camps | £40.00/day* |

NB – Discount is only available when booking for the full 4 days. Due to the life span of a written cheque these will be banked as soon as received, any refunds will be sorted at a later date.

Please visit our website: www.coventry-swimming.org.uk or email Rikki Morris on: rikki.morris@coventry-swimming.org.uk







City of Coventry Swim Skills Camps 2017 Summer Booking Form

| Swimmers Name: | | | | | DOB: | | |
|---------------------------------------|---|-----------|---|---|---|--------------------------|--|
| Address: | | | | | | | |
| Postcode: | | | Emergency Telephone: | | | | |
| Email: | | | | ASA | Registration No: | | |
| Any Medical Conditions | | | | | | | |
| Signed | Print | | | | | | |
| (Parent/Guardian) I AC Preferred r | | | nfirmation (please d | , | Post / Email | | |
| | | | Date | Cost | | | |
| 4 Day Stroke Camp | Day 1 | | Butterfly | £40.00 | | | |
| | Day 2 | | Backstroke | £40.00 | | | |
| | Day 3 | | Breaststroke | £40.00 | | | |
| | Day 4 | | Front crawl | £40.00 | | | |
| | Full | | All Days | £ 135.00 | £120.00 | £110.00 | |
| | Week A 31 st -3rd August | | Week B 7 th -10 th August | Week C 14 th -17 th Aug | Week D 21-24 th August | Week E 29-1st Sept | |
| Please make cheques pa | ayable to <u>City</u> | <u>of</u> | Total· | | | | |

Coventry Swimming Club.

Payment can also be made direct to the Club Bank Account Barclays Coventry, sort code 20-23-55, Account 50287997. Please use reference 'Sum swim camp Week A, B, C, D or E and surname'.

Payment must be made to secure booking. Please see terms & conditions for details (available on our website www.coventryswimming.org.uk).

Please return completed form to Rikki Morris at:

City of Coventry Swimming Club, Coventry Sports & Leisure Centre, Fairfax Street, Coventry, CV1 5RY or via email to Rikki.morris@coventry-swimming.org.uk





