



City of Coventry Swimming Club Stroke Camps 2019

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.

Swimmers can do either all 4 days or pick and choose which days they want to work on if they only want to do a specific stroke.

Dates:

Easter Camp = Tuesday 23rd – Friday 26th April

Summer Camp 1 = Monday 5th - Thurs 8th August

Summer Camp 2 = Monday 12th – Thurs 15th August

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 3.15pm each day.

Age: 8-14 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 40 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 are discounted rates available for COCSC club members and swimmers who have been on a camp before.

Price for non COCSC swimmers to the camps	£145
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Price for City of Coventry Swimming Club Members (2019)	£125
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Price for 1 day/2 day/3 day camps	£45/day*
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NB – Discount is only available when booking for the full 4 days..



Swimmers Name: _____ DOB: / /

Address: _____

Postcode: _____

Emergency Telephone: _____ ASA Registration Number: _____

Email: _____

Medical Conditions: _____

Signed: _____ Print _____

Date: _____

Day 1	<input type="text"/>	Butterfly	£TBC			
Day 2	<input type="text"/>	Backstroke	£TBC		Easter Camp	<input type="text"/>
Day 3	<input type="text"/>	Breaststroke	£TBC		Summer Camp 1	<input type="text"/>
Day 4	<input type="text"/>	Front crawl	£TBC		Summer Camp 2	<input type="text"/>
Full	<input type="text"/>	All Days	£TBC			

***By signing this form I agree to City of Coventry Swimming club retaining my details in order to inform me about future camps.
 If you do not wish for City of Coventry Swimming club to retain your details, please sign here:*



Payment Details

1. Payment should be made direct to the Club Bank Account:

Barclays Coventry,

Sort code 20-23-55,

Account 50287997

Please return completed form to Paul Wilson at:

City of Coventry Swimming Club,

Fairfax Street,

CV1 5RY

Or Via email at paul.wilson@coventry-swimming.org.uk