



East Midland Masters Development Day Lectures and pool work

Sunday 23rd January 2011

Details: Dry-side, Physio & Coaching Lectures 10am until 12.30pm at SportPark, Loughborough.
Wet-side, Pool Work 1.30pm until 3.00pm Loughborough Uni Pool (please bring kit).

Guest Coaches: Glenn Smith (Nova Centurion)
Andi Manley (Derwentio)
Jason Sheridan (Physio Lecturer)

Venue: SportPark, 3 Oakwood Drive, Loughborough, LE11 3QF - And
Loughborough Uni Pool, Loughborough University, Loughborough, LE11 3TU

Attendees: The Development Day is open to all Masters swimmers from East Midland Clubs

Cost: £10 (payable to EMASA)

Closing Date: Monday 10th January 2011. There are only 40 places available, places will be allocated on first come first serve basis.

Please complete the attached form below and return to the East Midland Regional Office, please see the address below.

Name:

Address:

Phone: Club:

Email: (Confirmation will be sent via email)

Signed: Date:

Send completed forms and payment (payable to EMASA) to:

Frank Baddick, East Midland ASA, 4th Floor SportPark, 3 Oakwood Drive, Loughborough, LE11 3QF

Office Use Only

Payment Received: Confirmation Sent: Signed: