

*The last workshop
sold out... so please
book early!*



COACHES WORKSHOP

Saturday 23rd May 2009, 10.15am - 4.15pm

The aim of the workshop is for club coaches and assistant coaches to come along to Loughborough University and listen to experts who will talk to you about how the following principles fit into your clubs swimming training.

All workshop participants will be guided through the university swimming team session by Ian Armiger – University Director of Swimming.

All participants will attend the following sessions:

• **Common Injuries & Prevention**

Pat Dunleavy, Lead Physiotherapist, British Swimming

• **Olympic Success**

David Davies, Olympic Medallist 2004 & 2008
Coach Kevin Renshaw, GB Senior Coach

• **Pool Training Techniques**

Ian Armiger, Director of Swimming, Loughborough University

• **Asthma & Swimming**

Dr Neil Martin, Clinical Research Fellow, Glenfield hospital

• **Coach – Swimmer – Parent Triangle**

Dr Di Bass, Lecturer/Coach, Loughborough University

Cost: £65.00

Limited Places!

Loughborough Pool,
Loughborough University,
Leicestershire LE11 3TU
Email: swimming@lboro.ac.uk
Phone: 01509 226200
Fax: 01509 226201

"Where Olympic Dreams Become Reality"



REPLY SLIP limited places—first come first served!

I wish to take part in the Coaches Workshop on 23 May 2009. I enclose payment of £65.00 (cheques payable to 'Loughborough University')

Name: _____ Club: _____
Address: _____
Tel: _____ Email: _____
Signed: _____