

EMASA MASTERS DEVELOPMENT DAY

SUNDAY 22nd JANUARY 2017

09.30am – 4.30pm

COST - £15 per candidate

Dry-side – 9.30am – 1pm at SportPark, 3 Oakwood Drive, Loughborough LE11 3QF

Wet-side – 2pm - 4.30pm at Loughborough University Pool



Dry-side lectures on:

- Nutrition
- Dry poolside warm up/cool down
- Training for and swimming the Individual Medley

Wet-side coached session:

- Focus on Individual Medley – *Bringing it all together*

Attendees

- Open to all ASA registered Masters swimmers

Closing date

- Friday 13th January 2017

Please complete the form below and return with a £15 cheque payable to 'ASA East Midland Region' to:
ASA Central Divisional Office, Unit 7, Basepoint Business Centre, Isidore Road, Bromsgrove Enterprise Park,
Bromsgrove B60 3ET or email to eastmidland@swimming.org.
(Bank details can be provided to pay by bank transfer).

Name:.....

Address:.....

.....Postcode

Club:..... ASA number.....

E-mail:.....

(Confirmation will be sent via e-mail)

Signed Date

