



MASTERS DEVELOPMENT DAY

WEST BROMWICH LEISURE CENTRE
MOOR STREET, WEST BROMWICH B70 7AZ

9am – 3.15pm

WORKSHOPS (delivered by Karen Howells)

Nutrition

Using imagery to improve technique & race skills

POOL SESSION (delivered by Helen Weeks)

All 4 strokes

Starts

Turns

**Open to all Swim England registered Masters swimmers
(Places available on a first come first served basis)**

Cost - £15.00 for West Midlands Clubs

£17.50 for all other Clubs

Closing date to book your place - Friday 2nd September 2018

Please complete the form below and return with a cheque payable to 'ASA West Midland Region' to the address below or you can pay by BACS and email your completed form to:
westmidland@swimming.org

BACS Details

Bank: NatWest

ASA West Midland Region

Sort code: 55-50-15

Account number: 58567291

(If paying by BACS please use the reference 'Masters' and your surname)



WEST MIDLANDS MASTERS DEVELOPMENT DAY SEPTEMBER 2018

Name:

Address:

.....Postcode:

Club: Swim England Number.....

E-mail:

Phone number.....

(Confirmation will be sent via e-mail)

Signed Date