**MASTERS DEVELOPMENT DAY**

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

9am – 3.15pm

|  |  |
| --- | --- |
| **WORKSHOPS (delivered by Karen Howells)** | **POOL SESSION** |
| Nutrition | All 4 strokes |
| Using imagery to improve technique & race skills | 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](mailto: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)

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**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 ……………………….