



Swimming Technique for Optimal Performance

ADDRESSING THE REQUIREMENTS OF DEVELOPING SWIMMERS WHO WISH TO INVEST INTO THEIR FUTURE.



Plus water swim clinics focus on swimming development through a progression of skills and technique. Under the guidance of ex British team coach Ron Philpot who has coached swimmers to major medals around the world leading to London 2012 Olympics where one of his swimmers won 3 Bronze medals in the para Olympic Games. Everyone can benefit from his experience in Olympic, International and National level coaching. Plus Water training days have been delivering workshop around the Region for a number of years and have finally arrived back in Surrey.

Workshop Aims

- Starts & Turns
- Preparation for the coming season
- Aims & objectives of training
- Importance of Warm Ups & Swim Downs
- Skills & Technique for perfect performance
- Stretching & Mobility

PRE-SEASON SKILLS CLINIC

1 Day non-residential

Dates: Wednesday 27th August 2014

Location: Cranleigh School, Horseshoe lane, Cranleigh

Times: 8.30am –3.00pm

Facilities: 4 Lane 25m Pool

Suitable for: Club Swimmers up to Regional Level

Fee: £50

Attendees: Maximum 24 / Ages 9-16

Exclusive one day swim skills clinic giving swimmers a unique opportunity to prepare for the coming season in a focused environment, working on Starts & Turns and training techniques.

For Details and booking form contact: Ron Philpot

MASTERS SKILLS CLINIC

1 Day non-residential

Dates: Saturday 30th August 2014

Location: Cranleigh School, Horseshoe lane, Cranleigh

Times: 9.00am-3.00pm

Facilities: 4 Lane 25m Pool

Suitable for: Masters Swimmers & Triathletes

Fee: £50

Attendees: Maximum 20

Exclusive one day swim skills clinic giving swimmers a unique opportunity to prepare to work on Drills, Skills and Training Techniques.

For Details and booking form contact: Ron Philpot

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Plus
Water Swim Clinics