



SWIM CLINIC 2009

with top Olympic swimming coach **BILL FURNISS**
and his team

NOVEMBER 22nd 2009 in Basildon

INCLUDES

Freestyle class (1½ hrs)

Butterfly class (1½ hrs)

Land training (1 hr)

Talk on Sports Psychology (1 hr)

Technique Review (1 hr)

We're delighted to be hosting a **Swimskills** technique clinic on November 22nd 2009 at Gloucester Park pool, Basildon, and would like to extend this opportunity to your club's swimmers.

The unique **Swimskills** method developed by Bill Furniss involves a carefully structured progression of drills and skill-work based on the essential principles of aquatic propulsion. Swimmers are coached to build up the whole skill to make real improvements in their swimming technique. All the pool sessions are personally led by Bill and his team.

Swimskills swimming technique clinics are not training sessions, and swimmers don't have to struggle to hold their place in a lane or keep up with the swimmer in front. Instead, the focus is entirely on the development of skill and technique, and in each session the swimmer can learn the key components of swimming technique they need in order to swim fast!

These sessions normally take place at Bill's base in Nottingham, so by bringing Bill and his team to us we are able to offer this amazing day at a price of £90 per swimmer. There are only a limited number of places to be allocated.

Don't miss out on this great opportunity for your swimmers to learn from the very best.

ABOUT BILL FURNISS



Bill Furniss is the most successful coach in British swimming history. Of the many internationals swimmers that he trains, the most famous is Double Olympic Champion and 800m World record holder Rebecca Addlington.

Bill normally runs coaching clinics at his base in Nottingham and this is an opportunity not to be missed. The benefit gained from being able to bring Bill and his handpicked team of GB coaches to concentrate on local swimmers cannot be underestimated.

Any questions? E-mail us!

swimskills@phoenixbasildonsc.org

In association with
speedo



PHOENIX S.C. (Basildon) PRESENTS
One-Day Swimskills Clinic

on Sunday November 22nd 2009
at Gloucester Park Pool, Broadmayne, Basildon SS14 2EB

The clinic will be under the personal direction of Bill Furniss, coach to double Olympic gold medallist Rebecca Adlington and the most successful swimming coach in British history, together with his team.

Bill and his team will lead all pool sessions.

COURSE CONTENT: The clinic is open to any swimmer who wishes to take their skills to a higher level under the guidance of Bill Furniss. Swimmers will also gain the opportunity to learn the SMART training strategies used by elite freestyle swimmers. Swimmer will undertake two pool sessions, and learning will be reinforced through lecture/video analysis, together with age-specific land training focusing on core stability and flexibility work, specially adapted for swimmers.

IN ADDITION YOU WILL:

- Work with Britain's top swimming coach
- Spend a day focusing entirely on technique
- Learn the techniques of top swimmers
- Increase skill level
- Learn the principles of 'smart' training
- Build confidence

The clinic is available to ASA Category 2 swimmers aged 9-17 years.

The day will begin with registration at 9.45 am ready for a prompt start at 10.00am and will finish at 5.00pm.

SWIMMERS: Please bring a packed lunch and water for the day. Bear in mind you will be in the water twice and dry kit for the second session might be nice!

COURSE FEE

SWIMMERS: £90

PARENTS / COACHES are welcome to observe pool sessions. Due to space constraints, non-pool sessions are not accessible.

I wish to apply for the Swimskills Clinic at Gloucester Park swimming pool.

NAME Date of Birth

ASA registration number:

Swimming Club: Telephone number:.....

E-mail:

I enclose a cheque for £..... Confirmation will be sent by e-mail.

CHEQUES MADE PAYABLE TO BPS

IMPORTANT: PLEASE COMPLETE AND RETURN CONSENT FORMS FOR EVERY SWIMMER

Please give your form and cheque to your Coach or post them to:
Swimskills Clinic, c/o A. Mullender, 3 Oakwood Road, Corringham, STANFORD-LE-HOPE, Essex SS17 9AX

CONSENT FORM

PHOENIX SWIMMING CLUB & SWIM SKILLS One Day Technique Development Clinic

To be completed by the swimmer's parent or guardian.

Swimmer's Name Date of Birth

Please delete Yes or No as appropriate and complete further details as necessary.

Does your child have any specific medical conditions requiring medical treatment and/or medication? Yes / No	If yes, give details
Does your child have any allergies? Yes / No	If yes, give details
Does your child take any medication for asthma? Yes / No	If yes, give details
Any other relevant information	

In compliance with the Data Protection Act 1998, all efforts will be made to ensure that this information is secure and used only in connection with the activities of Swimskills.

DECLARATION

- I am aware of, and understand the potential risks associated with physical exercise, and my child is voluntarily partaking in these activities with knowledge thereof.
- I have had the opportunity to ask questions regarding sporting and recreational activities, and any questions I have asked have been answered to my satisfaction. Questions can be emailed to swimskills@phoenixbasildonsc.org.
- The above questionnaire has been completed to the best of my knowledge and belief.
- Without prejudice to the above, Swimskills and Phoenix S.C. (Basildon) accept no liability for loss or damage of whatsoever nature and howsoever arising caused to my child or suffered by my child whilst on the clinic, UNLESS such loss or liability is caused by the negligent act of Swimskills or Phoenix S.C. (Basildon),
- I have read and agree for myself and my child to be bound by these conditions.

Signed (parent or carer) Date

EMERGENCY CONTACT INFORMATION

In case of any emergency, please complete below alternative names, addresses, and telephone numbers i.e. another member of the family or a friend, who can be contacted should parents not be available.

Name Relationship to swimmer.....

Address

.....

Telephone

Please complete below any mobile telephone number/s which may be used in an emergency.

Mobile Relationship to swimmer

Mobile Relationship to swimmer

It may be essential for Swimskills staff/ or Phoenix Swimming Club staff to have the necessary authority to obtain urgent medical treatment which may be required during a one-day swim clinic.

Would you therefore complete the details on this form and sign below to give your consent.

I, being parent/carer of the abovenamed child, hereby give permission for the Swimskills/ Phoenix Swimming Club staff member caring for my child to give the immediately necessary authority on my behalf for any medical or surgical treatment recommended by competent medical authorities, where it would be contrary to my son/daughter's interest, in the doctor's medical opinion, for any delay to be incurred by seeking my personal consent.

Signature (consent by parent/carer)

Print full name Date

Cancellation policy: In the unlikely event of the cancellation of the clinic due to circumstances beyond our control, we will issue a full refund of all fees paid. However, we cannot be held responsible for any other losses incurred as a result of such a circumstance.