

# Athlete Workshop – Saturday 17<sup>th</sup> February

## Luton – Inspire: Luton Sports Village LU1 2RD

Available to selected Swim England East Region Diving Category 2 and Category 3 members

### Team A

Registration	12:30 – 12:45	Reception
Dryland	12:45 – 14:15	Drygym
Pool	14:15 – 15:15	Pool
Break	15:15 – 15:45	Studio
Ballet	15:45 – 16:45	Studio

### Team B

Registration	12:45 – 13:00	Reception
Pool	13:00 – 13:45	Pool
Break	13:45 – 14:00	
Ballet	14:00 – 14:45	Studio
Break	14:45 – 15:00	
Dryland	15:00 – 16:15	Drygym
Pool	16:15 – 17:00	Pool



Dryland and Pool Hurdle sessions with British Diving Coach Stephen Hewat  
Ballet with Anna Volynets – experienced with British Diving Athletes



**Cost: £20 per athlete**

To register for the workshop, please visit the bookings webpage  
<https://www.eastswimming.org/diving/diving-development/>