

COACHES WORKSHOP

**at Loughborough Pool, Loughborough University
Saturday 30th April 2011, 10.15am—4.15pm**

10.45 – 11.30	Creating a Swim Team Environment Where Success is Inevitable Dr.David Fletcher (Lecturer in Performance Psychology)
11.30 – 11.45	Break
11.45 - 12.30	Specificity of Training Ian Armiger (Director of Swimming Loughborough University)
12.45 – 1.45	Pool: Developing World Class Backstroke Ben Titley (British Swimming ITC Head Coach) Elizabeth Simmonds (European Champion)
2.00 – 2.45	Physical Requirements for Skill Acquisition Carl Butler (EIS Lead Physiotherapist)
2.45 – 3.00	Break (Tea /Coffee)
3.00 – 3.45	Getting the Most from Technical Analysis Jodi Cossor
3.45 – 4.15	Questions/Round Up

Cost £70

Limited Places Available



"Where Olympic Dreams Become Reality"

REPLY SLIP limited places-first come first served!

I wish to take part in the Coaches Workshop on 30th April 2011 I enclose payment of £70.00 (cheques payable to 'Loughborough University')

Name:

Club:

Address:

Tel:

Email:

Signed:

