








The South West School of Swimming Development 2018 Course

2 swimming sessions per day	Quiz night
Specialist lectures in Psychology	Having fun
Contrasting activities inc. archery	Video analysis of technique
Viedo/film and TV	Nutrition
Making new friends	Swimmers lounge
Daily land training	Last night disco
Physiology	Cafe
Group lectures	Working Physically and Mentally hard
Squash, Tennis and Badminton	

- [Course information](#) for Club Notice Boards and to share in your networks
- [Application and medical form](#) in Word Document format.
- [application and medical form](#) in PDF format.

If you have any questions or require further details please contact Neil Harper (n.harper@tesco.net) or Paul Sartain (paul.sartain@btinternet.com).

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Popular News

[Coaching and teaching guidance for clubs](#) Swim England?s expectations of clubs in relation to the level of coaching and teaching in all disciplines in the club environment. The standard required by our insurers in relation to a club?s liability insurance.

[Swim England Swim Coach Course Aug / Sep 2018](#) Equip yourself with the skills, knowledge, tools and techniques to effectively plan, prepare, deliver, monitor and evaluate swimming coaching sessions. Sign up for this blended learning with face to face units at the University of Bath, Sports Training Village, Claverton Down, Bath.