








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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Published
09.02.2018

Popular News

[Entries open for Swim England SW Open Water Championships 2018](#) Saturday 7 July 2018 - Preston Beach Weymouth DT4 7SX. Incorporating our County Championships.

[GDPR is coming](#) The General Data Protection Regulations come into effect on 25 May 2018. Download guidance for Clubs.