







Swim England South West Region Masters Development Day 2019

- Dr Karen Howells CPsychol Sports Psychologist - “Using psychological skills to build confidence”
 - Jane Asher BEM Masters Multi World Record Holder - “Designing your training to suit you and your needs”
 - Sharon Lock Swim England National Masters & Open Water Officer - “An introduction to open water swimming”
-
- [advert](#) and
 - [booking form](#)

for Club Notice Boards and to share within your Club and networks.

Toolbox

- [Twitter](#) Twitter
- Facebook
-  [Messenger Link](#)
-  Whatsapp
-  [Send SMS](#)
-  [Print](#)
-  [PDF](#)
-  [RSS](#)

Published
06.11.2018

Popular News

[2019 County Championships Hoodies and Hat Designs](#) View details of how to pre-order!

[Somerset ASA Age Groups & Championships 2019](#) Download Meet Pack with Entry Conditions, Qualifying Times and Programme of Events and zipped Hy-Tek file for Club Meet contacts.

<http://www.somersetasa.org/sasa/en/?section=news&cmd=details&newsid=3183&teaserId=&pdfview=1>