



# SWIM CLINIC WITH OLYMPIC LEVEL COACH KEVIN BROOKS

Dear KWSS (Beachfield, Gravesend or Tonbridge) Swimmer,

**On Tuesday 20<sup>TH</sup> August we are holding a Kevin Brooks Freestyle and Backstroke clinic @ Strood Sports Centre, Watling St, Rochester, ME2 3JQ**

- £35 per swimmer. Suitable for competitive swimmers of 11yrs-99yrs (10 year old county standard swimmers as well as competitive masters will be considered as well)!
- Timings: 10.30am to 5.40pm for swimmers. **Tremendous value for money – virtually a whole day’s coaching from one of the best coaches in the country.** A fabulous opportunity.
- This will be popular. Apply before 8<sup>th</sup> July (it is first come first served with places limited to 50) to [johngking119@live.com](mailto:johngking119@live.com) who will advise you regarding payment and reserve you/your child a place.

**Delivered by top Olympic Level GB swimming coach Kevin Brooks BSc:**

- Kevin has been a Head Coach or a Coach of Great Britain Junior & Senior teams on over 11 occasions
- Kevin has coached swimmers to British & English National Medals & Finals, the European Junior Championships, the European Senior (Short & Long) Championships, the World (Short & Long) Championships **and the 2012 Olympic Games.**
- Kevin is currently Head Coach of Wycombe & District SC (a Swim England National Performance Centre) who came 6<sup>th</sup> in the NASL A Cup final this year. He has helped to truly transform WDSC into one of the top clubs in the country in just a handful years.

Time	Session	Content
10:30 – 11:00	Introductions	Introduction to Kevin & Information about the day
11:10 – 11:30 Pre-Pool 11:30 – 13:30 Swim 13:30 – 13:40 Post Pool	Swim Session 1	<b>Freestyle (with some Backstroke) Technique &amp; Additional Skills</b>
<b>14:00 – 14:40</b>	<b>Lunch – Packed Lunches</b>	
14:45 – 15:15	Talk to the swimmers #inspire	Performance Swimming – What it really takes....
15:30 – 16:15	Land Training	<b>Developing Streamline, Balance &amp; Coordination</b>
16:25 – 16:30 Reduced Pre-Pool 16:30 – 17:30 Swim 17:30 – 17:40 Post Pool	Swim Session 2	<b>Backstroke Technique &amp; Additional Skills</b>
18:00 – 19:00	<b>Talk for Committee(s) &amp; Coaches</b>	Club Development – The transformation of WDSC and Q&A/Open Forum on the next steps for KWSS

If any KWSS coach or teacher wishes to volunteer poolside to assist Kevin and learn from Kevin as a CPD please ask. BSS, GNSC and TSC swimmers have first claim to the 50 places but if the clinic not filled by 8<sup>th</sup> July we will be offering any spare places to swimmers of other clubs.

Thank you  
John King

KWSS Treasurer [johngking119@live.com](mailto:johngking119@live.com)