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**MASTERS STROKE IMPROVEMENT**

**& DEVELOPMENT DAY**

**taunton school**

**sTAPLEGROVE ROAD, taunton ta2 6ad**

**Sunday 18th january 2015**

**0945 to 1545**

|  |  |  |
| --- | --- | --- |
| **MORNING** |  | **ATTENDEES** |
| **0945 to 1000 – Registration & Coffee** |  | ***Open to all Masters in the SW Region*** |
| **1000 to 1055** – Taunton School Lecture Room |  |  |
| * ***Anatomy of the Muscles used in Swimming*** |  | **COST** |
| **1100 to 1155 –** Sports Hall |  | ***£15 PER PERSON TO INCLUDE LUNCH*** |
| * ***Flexibility, Land Work & Stretching*** |  | ***Cheques payable to ASASWR*** |
| **(FOR GYM SESSION – PLEASE BRING YOUR OWN MAT)** |  |  |
| * ***Rules & Laws of Swimming*** |  |  |
| **1200 to 1245 - LUNCH** |  | **CLOSING DATE** |
| ***Hot & Cold food will be served in the School*** |  | ***Monday January 5th 2015*** |
| ***Dining Room – drinks not included.*** |  | ***30 places available – BOOK EARLY!*** |
| **1250 to 1350** – Taunton School Lecture Room |  | ***‘First come, First served’*** |
| * ***Nutrition & Diet*** |  |  |
| **POOL SESSION - AFTERNOON** |  | **For further details visit:** |
| **1400 to 1615** (Keeling Pool – Taunton School) |  | [***www.swimwest.org.uk***](http://www.swimwest.org.uk) ***and follow the link*** |
| * ***Stroke Development & Improvement*** |  |  |
| * ***Starts & Turns*** |  | **Once you’ve completed the booking** |
|  |  | **Form, send with your £15 fee – cheque** |
| **GUEST COACHES & SPEAKERS** |  | **payable to ASASWR to:** |
| * ***Mark Skimming (BATH UNIVERSITY)*** |  | ***ASA South West Regional Office*** |
| * ***Paul Sartain (BATH)*** |  | ***1st Floor Offices*** |
| * ***Emily Taylor (TAUNTON)*** |  | ***Castle Business Centre*** |
| * ***Stacey Vickery (TAUNTON)*** |  | ***Castle Road*** |
| * ***Renee McGregor (BATH UNIVERSITY)*** |  | ***Chelston Business Park*** |
| * ***Herbie Adams (GLOUCESTER)*** |  | ***WELLINGTON*** |
|  |  | ***TA21 9JQ*** |

 