

Kent Weald Swim Squad Summer Swimming Clinics 2018



February 2018

Dear Swimmer,

APPLY NOW - £40 per clinic / £70 for both (spaces limited)

KWSS is hosting two bespoke **Summer Holiday Swim Clinics @ Tonbridge School Centre**, London Road, Tonbridge TN10 3AD on:

1. **Wednesday 8th August 2018** delivered by **Kim Longland**
Butterfly clinic inc: streamlining, progressive fly drills / core stability/mobility for streamlining / goals / application to training.
2. **Wednesday 29th August 2018** delivered by **Katy Sexton** (& assistants)
Backstroke clinic inc: warm up drills / backstroke starts ... to finish / land training (transferable to home) / stretches / how to overcome injuries & set-backs

Swimmers 11yrs & over (10yrs & over for girls) can apply to attend.

To secure your place on a first come first served basis please do both:

1. email chairman@tonbridgeswimmingclub.co.uk with details of: swimmers name / dob / club / any medical issues / date(s) of clinics being attended.
2. Pay £40 per clinic (or £70 for both):
Payment details will be provided on application
Imperative you use reference to identify your payment as yours and for which date(s) as follows: "***8Augname***" or "***29Augname***" or "***bothdatesname***".

Timings (for both):

2.15-3.15pm Studio time - 3.30-5.30pm: Pool time - 5.45-6.45pm: Sports Hall time

Venue details:

Free (but busy) parking and a small café on site (not great for food) but drinks and some snacks available with viewing possible on poolside or in gallery.

Kim Longland:

- ASA coach and tutor
- Has coached on the England Talent Programme and with Team Scotland at the Manchester 2002 Commonwealth Games
- Has taken many swimmers to National and International success

Katy Sexton

- MBE, double Olympian & 4 times at World Championships
- 200m backstroke world champion 2003
- She is now teaching and inspiring the next generation from her base in Portsmouth as well as with Mark Foster and his Swim Academy

Kent Weald Swim Squad

KWSS is registered to Swim England / Amateur Swimming Association