



# Continuing Professional Development Seminar

[www.britishswimming.org](http://www.britishswimming.org)

## Swim Strength: An Introduction to Swim Strength and Conditioning

With Marc Scriven

Sunday 25<sup>th</sup> April

9.30am – 1.00pm

Accredited by the IOS as contributing towards the ASA Teacher/Coach Licensing Scheme

This seminar is being supported by the region as part of the ASA teacher and coach development framework 2009-2013

**Wrekin College**, Wellington Shropshire TF1 3BH

<b>SPEAKER</b>	Marc Scriven
<b>TOPIC</b>	This module the first in a series of Land Training Seminars, takes a well rounded approach to the role of strength work within swimming and explains where gains can be made in race situations for all strokes. The seminar covers the equipment used, training guidelines, and how strength work can fit into the LTAD model. There is a practical element within the workshop including use of swimmers on the county development programme
<b>SUITABILITY</b>	SUITABLE FOR ASA Club Coach, UkCC Level 2 Coach, UkCC Level 3 Coach From Swim21 clubs
<b>VENUE</b>	<b>Wrekin College, Wellington, Shropshire, TF1 3BH</b>
<b>TIME</b>	Registration From 9.00am Seminar from 9.30 – 1.00pm
<b>COST</b>	£6.50 per person
<b>BOOKING A PLACE</b>	<b>Complete and return attached application form with payment (cheque) by Monday 19<sup>th</sup> April AT THE VERY LATEST</b> <b>Places will not be held without payment and payment will not be taken on the day.</b>
<b>LUNCH</b>	Please bring any refreshment you may require.
<b>WHAT TO WEAR</b>	Casual, Loose Sports Clothing as some practical demonstrations involved Water in a plastic bottle is a good idea.
<b>HAVE YOU GOT A PLACE?</b>	You will receive an email receipt to confirm your place by Tuesday 20 <sup>th</sup> April
<b>MULTIPLE PLACES</b>	Please complete a form for each applicant.
<b>CLOSING DATE</b>	Monday 19 <sup>th</sup> April 2010



## Continuing Professional Development Seminar

[www.britishswimming.org](http://www.britishswimming.org)

### Introduction to Land Training Seminar Application Form

**Name:** .....

**Club:** .....

**Position in Club:** .....

**Address:** .....

.....

.....

.....

**Tel Daytime:** .....

**Tel Evening:** .....

**Email:** .....

I enclose the appropriate remittance of: **£6.50** for the above workshop

*Alls cheque to be made payable to 'ASA West Midland Region'*

**Closing Date for Applications: Monday 19<sup>th</sup> April 2010**

Please complete all application forms and return with appropriate payment to:

Kelly Gaffney  
ASA Coaching Systems Officer

ASA West Midlands  
ASA West Midland Office  
Unit 3  
Kingfisher Enterprise Park  
50 Arthur Street  
Redditch  
Worcs.  
B98 8LG

Tel: 01527 517508 / 07917 007657  
Email: [kelly.gaffney@swimming.org](mailto:kelly.gaffney@swimming.org)