



# KENT COUNTY AMATEUR SWIMMING ASSOCIATION

(Founded 1891)

President: Mr Stewart Brown (Dartford SC)

CALLING **ALL COACHES** WITHIN A KCASA  
AFFILIATED CLUB

TO ATTEND A **FREE** PHYSIO SESSION AT THE:

**KENT COUNTY ASA DEVELOPMENT CAMP**  
**SUNDAY 8TH FEBRUARY 2009**  
**11.30-13.00 & 14.30-16.00**

AT

SUTTON VALENCE SCHOOL, NORTH STREET, SUTTON VALENCE, MAIDSTONE, KENT.  
ME17 3HN. TEL: 01622 844121

Registered physiotherapist, Alex Hyde, has been working closely with the ASA to produce swimming specific exercise courses for swimmers currently attending the ASA England Talent Development Programme. We, at Kent, have managed to acquire Alex for the day, on Sunday 8<sup>th</sup> February, to give much needed guidance to our County Squad swimmers. In addition, Alex will be presenting a lecture, answering questions and presenting a practical session to any Kent coach, who is interested in taking their career further. Alex is also on hand to answer any questions regarding swimming injuries and how to prevent or overcome them.

The lecture will commence at 11.30am and last for approximately 1.5 hours. Please bring your own lunch before the practical session, which is from 2.30pm to 4pm. It is entirely up to you whether you would like to stay for one or both sessions.

If you are interested in attending then please send an email to Jennifer Verhorevoort at [jenniv@tiscali.co.uk](mailto:jenniv@tiscali.co.uk) or telephone Jenni on 07843 230937. When replying please state the name of your club, your level of qualification and the name, telephone number and email address of your club secretary. Also, if you have any questions that you know of in advance, please include these, so that Alex can have a comprehensive answer for you on the day.

In addition to this, we have a land trainer and nutritionist, both from the ASA England Talent Programme, who will also be around and available to answer your questions through the lunch break and at other times throughout the day.

So, DON'T DELAY, get replying today, as spaces are limited and allocated on a first come, first served basis. I look forward to hearing from you.