



London Swimming



2008 ROADSHOW

SUNDAY 27TH APRIL 2008

@ ERITH LEISURE CENTRE, AVENUE ROAD, ERITH, KENT. DA8 3AT

08.00 - 08.15	Arrivals	Registration and Coffee	
08.15 - 08.30	Welcome	Kay Grimshaw (Regional President) and Colin Brown (Regional Director)	
Workshops	Please book on a workshop before arriving		
08.30-10.30	<p>Stroke Analysis and Eye on the Ball Opportunity for 30 competitive swimmers / water polo players to take part in a stroke analysis session (with underwater video analysis for each athlete) followed by a session on visual awareness and ball skills for water polo – finishing in a game – swimmers v water polo players!</p>	<p>Dance in the studio Opportunity for 20 synchro swimmers to look at developing routines by a high profile coach</p>	<p>Skill in the air Opportunity for 20 divers to look at developing routines by a trampoline coach</p>
08.30 - 10.30	Flexibility and Joint Stability a practical guide to parents / coaches and teachers by Jonathan McCormish (Physio)		
10.30 - 11.00	Break	Tea / Toast / Biscuits	
11.00 - 11.45	Youth Council (11-18 years)	All young people to look at how they want to develop their sport	
11.00 - 11.45	London Swimming Strategy	All adults to hear about developments across London	
11.45 - 12.30	Motivational Speaker	Motivational talk by an Olympic Medallist – What it takes to make it to the top.	
12.30 - 12.40	Thank You	Kay Grimshaw (Regional President), President Kent County (Jenni Verhorevoort) and Colin Brown (Regional Director)	
12.40-14.00	Greenwich Borough	Q&A session on Greenwich Borough – No Fee payable – Open to Kent clubs (Kent London and Kent Rural) only	

£20 FOR PARTICIPANTS FROM NON **Swim21 ACCREDITED CLUBS**

£15 FOR PARTICIPANTS FROM **Swim21 ACCREDITED CLUBS**

PAYMENT IS REQUIRED FOR EACH PARTICIPANT (ATHLETE) AND COVERS SESSIONS FROM 8AM TO 12.40PM.

ALL ATHLETES, PARENTS, COACHES, TEACHERS, TUTORS, OFFICIALS AND CLUB MEMBERS ARE ENCOURAGED TO ATTEND.

THE GREENWICH BOROUGH SESSION FROM 12.40 – 14.00 IS FOR KENT CLUBS ONLY.

APPLICATIONS WILL BE ACCEPTED FROM ALL CLUBS. HOWEVER, PLACES WILL BE ALLOCATED TO LONDON REGION CLUBS FIRST AND, ON A FIRST COME FIRST SERVED BASIS.

2008 ROADSHOW BOOKING FORM

TO BE RETURNED, WITH SIGNED PHOTO PERMISSION SLIP AND A CHEQUE MADE PAYABLE TO "KCASA" TO:

MRS JENNIFER VERHOREVOORT, DEVELOPMENT OFFICER, KENT COUNT ASA, 184 WILMOT ROAD, DARTFORD,
KENT DA1 3BS. TEL: 07843 230937 EMAIL: jenniv@tiscali.co.uk

ATHLETE DETAILS				
NAME	D.O.B.	CLUB	ADDRESS	EMAIL

I WISH TO ATTEND (TICK APPROPRIATE BOX)

STROKE ANALYSIS AND EYE ON THE BALL

DANCE IN THE STUDIO

SKILL IN THE AIR

YOUTH COUNCIL

MOTIVATIONAL SPEAKER

PARENT / COACH / TEACHER / TUTOR / OFFICIAL / CLUB MEMBER – (please circle appropriate option)				
NAME	D.O.B.	CLUB	ADDRESS	EMAIL

I WISH TO ATTEND (TICK APPROPRIATE BOX)

FLEXIBILITY AND JOINT STABILITY

LONDON SWIMMING STRATEGY

MOTIVATIONAL SPEAKER

GREENWICH BOROUGH STRATEGY



London Swimming



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PHOTO RELEASE FORM

Kent Development Day

Erith Leisure Centre 27th April 2008

I, agree to take part in the London Swimming/Parkwood Leisure/Swim Right photo shoot and media coverage, I understand that the images may be used in marketing material, publications and on websites.

Name:

Address:

Date of activity:.....

Signed: Date:

Where the person named above is under 18 years of age I confirm that I am the parent / person with parental responsibility for them and further confirm my acceptance of the above on behalf of the individual.

Name: Date:

Signed: