

Starts & Takeovers – Derventio Excel Development Camp Series

- 4th September 2010 at Alfreton Leisure Centre (DE55 7BD)
- This camp is designed for swimmers of a County level and above to develop their racing skills and techniques, to participate in land-training with an emphasis on improving swimming speed and athleticism and to discuss aspects related to swimming performance, that swimmers will be able to utilise in training and competition – all in a fun and exciting environment!
- Each camp will be run by the Derventio eXcel coaching team and will be accompanied by some of the DX swimmers who will share their advice and experiences of what it takes to train and compete at a National/International level. Camps are open to swimmers from any DASA affiliated club aged 11 to 18.
- Camp timetable (subject to alteration)
 - 13:15 Arrival and registration
 - 13:30 Swimmer education: Starts/Takeovers technique and ideas for development in training
 - 14:30 Land-training: Injury prevention and development of reaction speed
 - 16:00 Pool Session: Starts and Takeovers
 - 18:00 Q & A - poolside
 - 18:15 Depart
- The cost is just £30 per swimmer (parents are welcome to attend to spectate at no cost).
- Club coaches are encouraged to attend as observers on poolside.
- There are just 36 places available. To avoid disappointment, please complete and return your application below to Andy Smithurst.
- Further information or any questions can be directed to Andy Smithurst, 21 Dove Road, Ripley, Derbyshire, DE5 3GR, 07875 468504, andy.smithurst@yahoo.co.uk

Please enrol me on the County Development Camp at Alfreton Leisure Centre on 4th September 2010.

Name: _____ Club: _____ Date of Birth: _____

Address: _____

E-Mail: _____ Telephone: _____

I enclose a cheque for £30, made payable to Derventio eXcel Swim Squad and a completed copy of the attached consent form.



Derventio Excel Development Camp Series

To be completed by the parent/guardian of the swimmer

Swimmer: _____ Club: _____ Date of Birth: _____

Please list details of any allergies or medical conditions (including asthma) that require treatment and/or regular medication.

Behaviour and Declarations:

I have impressed on my child the need for good behaviour at all times. He/She will carry out the instructions of the DX coaching team at all times. I understand that should my child misbehave, they may be excluded from this and any future camps. To the best of my knowledge and belief, the information given above is complete and accurate. In the event of a medical emergency, I give permission for a member of the DX coaching team to consent to medical treatment by competent medical authorities, where it would be contrary to my son/daughter’s interest, in the doctor’s medical opinion, for any delay to be incurred by seeking my personal consent. This will be undertaken as part of the coaches duty of care.

I am aware of the type of activities likely to be undertaken and consent to my child taking part. I acknowledge that the Club will be liable in the event of an accident only if they have failed to take reasonable steps in their duty of care for my child. I understand that the DX coaching team have a common law duty to act in the capacity of a reasonable prudent parent.

Signed: _____

Date: _____

Print Name: _____

Relationship to Swimmer: _____

Address:

Home Telephone:

Mobile Telephone:

E Mail:





We would like to keep you informed, via e-mail, of future camps, events and other news related to the Performance Pathway within Derbyshire. If you would prefer not to receive this information, please tick this box.

Future Events – all provisional

Date	Focus of Camp (Pool)	Focus of Camp (Education)
October 23 rd 2010	Training for Individual Medley	IM training
January 22 nd 2011	Training for Sprint events	Approaches to Sprint Training
February 19 th 2011	Training for Distance events	Approaches to Distance training
March 19 th 2011	Training for Middle Distance events	Approaches to Middle Distance training
TBA	Race Pace Training	Race Pace training to improve performance





Please enrol me on the following Derventio Excel Development Camp(s):

			PLEASE TICK
October 23 rd 2010	IM training	£30	
January 22 nd 2011	Sprint Training	£30	
February 19 th 2011	Distance training	£30	
March 19 th 2011	Middle Distance training	£30	

Final details and timings will be sent by e mail and posted on the Derventio Excel website.

www.derventioexcel.org.uk

Name: _____ Club: _____ Date of Birth: _____

Address: _____

E-Mail: _____ Telephone: _____

I enclose a cheques made payable to Derventio eXcel Swim Squad and a completed copy of the attached consent form to

Andy Smithurst, 21 Dove Rd, Ripley, Derbyshire, DE5 3GR

