

17 Chilton Close
Abingdon
Oxfordshire
OX14 2AP

07900 995694

Dear Swimmers and Parents

Isis Aquatics, Oxfordshire's Performance swimming Squad, is holding

**Isis Aquatics Summer Development Camp
Mon 16th August to Fri 20th August
At Abingdon School**

The basis of the week is skill development in the pool, with stroke technique on all four strokes, development of IM swimming, starts and turns. Core strength on land and in the water, plus basic body weight exercises and a basic education programme. This is suitable for swimmers 9 – 12yrs at County level and below

Timetable for the day

Time	Activity	Location
9.15am	Meet	Foyer of pool
9.30 – 10.30am	Swim Skills & drills	Pool
10.30 – 10.50	break	
10.50 – 11.50	Land work	Studio
11.50 – 12. 40	Lunch	Packed lunch
12.40 – 13.30	Education / Talk	Hospitality Suite
13.45. 15.15	Swim Technique	Pool
15.30	Disperse	

Equipment needed for the week

Pool :swim suit, hat goggles, plus kick board, pull float and fins, water bottle

Land work: Suitable trainers, shorts, T shirt

Education: Note pad, pen / pencil

Packed lunch plus snacks, non fizzy drinks

**Cost for the week £50.00 for ISIS Club members,
£65.00 for Non ISIS members**

This is payable at the time of booking with cheques made payable to ISIS Aquatics

The coaching staff will be from the ISIS Aquatics coaching group.

Please fill in the booking slip below and return to **Lindsay Powell, 17 Chilton Close, Abingdon, Oxon, OX14 2AP, by 10th July 2010. 07900 995694**

Email lindsay.powell@btinternet.com

Lindsay Powell
For ISIS Aquatics Coaching Panel

ISIS Aquatics Summer Development Camp

I would like to book _____ place/ places on the ISIS Aquatics Summer Development Camp

Cost £50.00 for ISIS Club member £65.00 for non-ISIS Club members

Cheques made payable to ISIS Aquatics

Please Print

Name _____

Address & Contact no _____

Club _____ Age _____

Swimming Level _____

Please advise us of any medical conditions that the Coaching Staff Should be aware of
