

17 Chilton Close
Abingdon
Oxfordshire
OX14 2AP

07900 995694

Dear Swimmers and Parents

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

**Isis Aquatics Pre Season Training Camp
Mon 23rd August to Fri 27th August
At Abingdon School**

The basis of the week is to set skills and drills, a basic fitness level on land and in the water, core strength on land and in the water, use of video and education on a variety of subjects. This is aimed at swimmers 11 & Over competing at County, Regional or National level.

Timetable for the day

Time	Activity	Location
7.30am	Meet	Foyer of pool
7.45 – 9.45 am	Swim Skills, drills, video	Pool
9.45 – 10.15am	Break/ snack	
10.15 – 11.15am	Education/ video Goal setting	Hospitality suite
11.30 – 12.30pm	Land work Run, cords, core Skipping, Med Balls	Studio
12.40pm	Depart	

Equipment needed for the week

Pool : Kick board, pull float, fins, paddles water bottle

Land work Suitable trainers, shorts, T shirt

Education: Note pad, pen / pencil

Snacks for the morning

**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 Pre Season Training 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
