

# EMASA MASTERS DEVELOPMENT DAY

SUNDAY 17th JANUARY 2016

09.30am - 4:30pm

COST - £15 per candidate

Dry-side – 9.30am – 1pm at SportPark, 3 Oakwood Drive, Loughborough LE11 3QF

Wet-side – 2pm - 4.30pm at Loughborough University Pool



## Dry-side lectures on:

- Improving flexibility – improve stroke and injury prevention.
- Race preparation for Masters swimmers – maintaining a positive mind set.

## Wet-side coached session:

- Starts, turns and finishes, plus specific technique work.

## Attendees

- Open to all ASA registered Masters swimmers

## Closing date

- Wednesday 13<sup>th</sup> January 2016

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Please complete the form below and return with a £15 cheque payable to 'ASA East Midland Region' to:  
ASA Central Divisional Office, Unit 7, Basepoint Business Centre, Isidore Road, Bromsgrove Enterprise Park,  
Bromsgrove B60 3ET or email [eastmidland@swimming.org](mailto:eastmidland@swimming.org)

Name:.....

Address:.....

.....Postcode .....

Club:..... ASA number.....

E-mail:.....

(Confirmation will be sent via e-mail)

Signed .....Date .....

