



Bognor Regis Swimming Club

(Affiliated to South East Region ASA, Sussex Counties ASA and RLSS)

Founded in 1965

Bognor Regis Community College, South Way & Arun Leisure Centre

15th October 2007

Dear Squad Member,

Swim Clinic with Alex Scotcher – Commonwealth Gold Medalist

I am writing to invite you to attend this exciting Swim Clinic to be held on Sunday 2nd December 2007. The swimmers will be divided into two groups with both groups coming together for a motivational talk after lunch. For those swimmers in Top and Gold Squad the day will start at the Arena at 9am and finish at the Arena at 2.30pm (Please bring a packed lunch). For Silver and Bronze Squad the day will start at 1.30pm in the Arena and finish at 5.30pm at the Arena.

The day will be lead by Alex Scotcher. Alex was a member of the Gold Medal winning Freestyle relay team at the 2006 Commonwealth Games in Melbourne. He swims for Loughborough University and works for the Aquateers who specialise in delivering Swim Clinics across the country. Thanks to a grant from West Sussex County Council Youth Opportunities Fund and help from The Arena we are able to offer the Clinic at a subsidised cost of only £3.50.

The Aquateers Swim Clinic provides a new and exciting approach to motivate and inspire the future stars of tomorrow. We hope that this Clinic will help us start the 2008 season in the right fashion and help your squad improve. So if you want to maximise your enjoyment of the swimming journey this is just what you need.

The programme will include:

- Two hours in the pool – Looking at “streamlining”, the “fine art of turning” and “getting ahead with the start”.
- One hour in the sports hall – including the GB team stretching techniques, and the Ultimate “killer Aquateer Circuit”
- One hour “Motivational Talk” – the “Ten Commandments for the complete swimmer”, a DVD and Question and Answer Session.
- There will be a chance to get a photo with Alex and his Autograph.

Please bring plenty of healthy snacks, your water bottle, swimming and gym kit and notebook and pen for the talk.

Chair: Lynne Fowler

Secretary: Dave Loveman, 7 Oak Close, Chichester, W. Sussex. PO19 3AJ (01243 528095)

Treasurer: Dennis Eason, 20 Marylands Crescent, Bognor Regis, W. Sussex. PO22 8DW (01243 827520)

Chief Coach: Chris Adams



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To book a place on the Clinic you will need to complete the booking form below and return to Lisa Loveman with a cheque for £3.50 made payable to B.R.S.C. Places are limited and we have spaces for a maximum of 30 swimmers in each group (60 in total) so places will be given on a first come first served basis on return of booking form and cheque.

Please do not hesitate to speak to me or Josh Todd (Club Captain) if you have any queries or by email lisaloveman@lineone.net

We look forward to getting your forms back

With best Wishes,

Lisa Loveman and Josh Todd

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Please return this form with the cheque to either Lisa Loveman (or give to your coach in envelope for my attention) as soon as possible.

Name of Swimmer:.....

Email Address:.....

Squad: Top / Gold / Silver / Bronze (delete)

I give my permission for my son/daughter to take part in the Swim Clinic on Sunday 2nd December 2007. I enclose a cheque for £3.50 made payable to BRSC.

Signed: Parent/Guardian

Emergency Contact details:

Home telephone:.....

Mobile telephone:.....

For Top and Gold Squad Only - My son/daughter will bring a packed lunch or purchase lunch from Arena Café (please tick whichever applies)

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Affiliated Club

