



BACKSTROKE – Derventio Excel Development Camp Series

- 26th June 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: Backstroke technique and ideas for development in training
 - 14:30 Land-training: Developing Core Stability
 - 16:00 Pool Session: Backstroke Technique and Skills
 - 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 26th June 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:

Date	Focus of Camp (Pool)	Focus of Camp (Land)	Focus of Camp (Education)
July 17 th 2010	Turns and Finishes	Developing muscular endurance – medicine balls	Turns and Finishes
September 25 th 2010	Starts and Takeovers	Injury prevention and development of reactions	Starts and Takeovers
October 23 rd 2010	Training for Individual Medley	TBA	IM training
November 27 th 2010	Training for Sprint events	TBA	Sprint Training
January 22 nd 2011	Training for Distance events	TBA	Distance training
February 19 th 2011	Training for Middle Distance events	TBA	Middle Distance training
March 19 th 2011	Race Pace Training	TBA	Race Pace Training



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

			PLEASE TICK
July 17 th 2010	Turns and Finishes	£30	
September 25 th 2010	Starts and Takeovers	£30	
October 23 rd 2010	IM training	£30	
November 27 th 2010	Sprint Training	£30	
January 22 nd 2011	Distance training	£30	
February 19 th 2011	Middle Distance training	£30	
March 19 th 2011	Race Pace 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

