

Starts and Turns

GCASA are pleased to notify County Clubs that they will be hosting two Starts and Turns courses with Olympians Joe Roebuck and Amy Smith. The course will cover starts and turns for all strokes.

As part of the on-going support to the county members we will be offering subsidised places for age group swimmers between the age of 10 and 14 years of county or aspiring county level. County Clubs are also welcome to invite 1 coach to the sessions.

The allocation of spaces per club has been derived from attendees at the current County Championships (see below). Clubs should use their own selection criteria for the attended swimmers.

To ease the administration process we ask that a submission is made by the Club (using the attached form) listing the attendees with a supply of one cheque made payable to Gloucester County ASA. No refunds will be made for non attendees but alternative swimmers are acceptable. If any allocated spaces are not taken up by clubs these will be offered to other clubs.

Date: 31st May 2015

Venue: Malvern College Sports Complex WR14 3PL

Time: 9:30am to 4pm

Schedule: 2 hour swim session, 1 hour land training, 1 hour talk, 2 hour swim session

Spaces available: 30

Cost: £25 per swimmer

Date: 14th June 2015

Venue: Millfield School BA16 0YD

Time: 10am to 4:30pm

Schedule: 2 hour swim session, 1 hour land training, 1 hour talk, 2 hour swim session

Spaces available: 40

Cost: £25 per swimmer

Millfield Course

Soundwell	8	Allocated places
Sevenside	8	Allocated places
Bristol Henleaze	6	Allocated places
Bristol Penguins	4	Allocated places
Southwold	4	Allocated places
Bristol Central	3	Allocated places
Bishopsworth	3	Allocated places
Bristol North	3	Allocated places
	40	

Malvern Course

Gloucester	8	Allocated places
Cheltenham	6	Allocated places
Cirencester	4	Allocated places
Brockworth	3	Allocated places
Cinderford	3	Allocated places
Tewkesbury	3	Allocated places
Dursley	3	Allocated places
	30	

