CITY OF GLASGOW SWIM TEAM

5th July - 13th August

Tollcross Leisure Centre

Coaches: Andrena Hammond
Graham Wardell

£10 per session

Technical Improvement

Sessions

The Club will be running specialist stroke training camps on various dates throughout the summer at Tollcross Leisure Centre.

This is a great opportunity for members to be coached by two of our most experienced coaches and to help raise funds for the club.

Squads	Session 1	Session 2	Session 3
Transition / Bronze	5th July	26th July	13th August
Silver / Gold	6th July	9th August	
National Dev / National Age	9th July	10th August	
Masters / Seniors	13th July		

All sessions will run from 9.00am – 12.00noon

Sign up through our website: www.swimglasgow.co.uk
Or ask your coach for a Registration Form

These sessions are open to all COGST members from all centres.

Please state order of preference particularly if signing up for more than one session. Priority will be to allow everybody to attend at least one session. Sessions will be allocated first come/first served on receipt of payment. Numbers are limited. Don't miss out!

Cost: £10 per session

COGST Management Committee – Development Group

COGST Technical Improvement Sessions Registration Form

Session Agenda:

- Welcome
- Brief Outline of session expectations
- Land warm-up
- Warm-up and swimmer grading
- Stroke1
- Stroke 2
- Turns/starts/ finishes & takeovers
- De-brief & finish

Cost: £10 per session

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Swimmers Name	
Contact Email Address	
Contact Phone Number	
Squad	
Main Training Pool	
Coach	
1st Choice Session	
2nd Choice Session	
3rd Choice Session(TR/BR)	
Number of Sessions	
Total amount enclosed @ £10 per session	
Any Medical Conditions	

Photographs may be taken, please tick box if you do not wish to be photographed ☐

Return form **with payment** by **4th July 2010** (Session1) or **24th July** (Session2/3) to:

By Hand	By Post
John Phillips/Pam McKay @ Scotstoun Karen Gray/Kuldip McGallagly @ Tollcross Norah Finnegan @ Springburn	**John Phillips 13 Ravenswood Drive Glasgow, G41 3QR**

COGST Management Committee – Development Group