

**ASA SOUTH EAST REGION**

## **MASTERS DEVELOPMENT DAY**

**Saturday 1 April 2017**

**At Queen Anne's School Caversham (near Reading)**

**09.30 to 16.00**



This Development Day will provide Master swimmers with the opportunity to learn and practice both dry land exercises designed to keep you fit on a day to day basis and exercises to be used before and after competition. It will also teach you more about swimming training both for fitness maintenance and preparation for competition. The gym session followed by a pool session will be under the guidance of professional coaches.

There will be the opportunity to discuss your training with both the professional coaches and fellow Master swimmers.

Many Masters suffer from shoulder problems and related injuries often due to bad training practices or through injuries sustained out of the pool but which give trouble when swimming and so limit swimming activities. A professional osteopath will give a presentation on this topic with particular attention both to avoidance of shoulder problems and care of the vulnerable shoulder joints.

In addition our ASA Masters Officer will be present to answer any questions you may have on the organisation and running of Masters swimming by the ASA.

It is expected that the Development Day will be oversubscribed so if you want to take part and experience the excellent facilities of the Queen Anne's School, please apply early. We will run a wait list once all the places are taken to ensure that the day is fully supported.

Tea, coffee and drinking water will be available. Delegates are asked to bring a packed lunch.

The charge for attendance is just £15 per swimmer. The majority of the costs are being subsidised from the ASA South East Region Masters budget.



**ATTENDEES:** Open to all Master swimmers from South East Region affiliated clubs. Cost is £15.00 per delegate. Strictly limited to 30 athletes, spaces will be available on a first come first served basis.

**CLOSING DATE:** the closing date for applications is **Monday 27 March 2017** but entries will close earlier if fully subscribed.

**VENUE:** Queen Anne's School, Henley Road, Caversham, Berkshire, RG4 6DX

**PROGRAMME:**

**09.30 to 10.00** – Welcome, introductions and Tea & Coffee in Main Building

**10.00 to 10.50** – Land Training with Jose Suarez of Rushmoor Royals SC in the sports hall including general fitness maintenance exercises to do at home and pre and post competition exercises to help achieve maximum performance in the pool.



**10.50 to 12.30** – Change and Pool Session (training for competition) in the 25m pool with Masters coach Jim Dobinson, Bracknell and Wokingham Swimming Club Masters Coach.

**12.30 to 13.00** – Change and debrief – return to main building

**13.00 to 13.45** – Lunch (attendees to bring own packed lunch) – this will give attendees a chance for informal discussions with the presenters and meet other Masters from the region

**13.45 to 14.40** – Avoiding and managing shoulder and other swimming related Injuries with Osteopath, Alex Watson

**14.40 to 15.40** – "Masters Philosophy of swimming" why we train - goal setting - motivation - training principles and planning a session with time management. Jim Dobinson, Bracknell and Wokingham Swimming Club.

**15.40 to 16.00** – Washup and depart

The following coaches and speakers will be in attendance:



**Jim Dobinson, Coach at Bracknell and Wokingham Swimming Club** – Jim, an A.S.A. Coach who has also completed the A.S.A. Masters Module, coaches Masters swimming at Bracknell and Wokingham SC. Jim has been involved in Masters Coaching for over 20 years and has coached Masters Swimmers and Triathletes at all levels and many have achieved high levels of success at National, European and World Championships.

**Jose Suarez, Rushmoor Royals Swimming Club** – Jose, has a background in sports therapy and injury rehabilitation, with a particular emphasis on injury prevention. Jose is currently running the landwork programme for Rushmoor Royals where the aim is to help develop as many National standard swimmers as possible. Jose also works with National youth judo and tennis athletes.



**Alex Watson BSc (Hons) Ost** – Alex, is an osteopath who founded the Ostopathic Consultancy at Frimley Green, Camberley after qualifying from the British School of Osteopathy. Having swum at National level for many years and suffered from shoulder injuries himself Alex has considerable experience in treating and helping to prevent shoulder injuries in swimmers as well as injuries sustained in other sports.

**Sharon Lock, ASA National Masters & Open Water Officer** – Sharon, was a swimmer in her youth and then re-started Masters at the age of 30. Sharon has competed in all levels of Masters Competitions and has been an enthusiastic promoter of Masters swimming as well as being Leicestershire County Representative for five years. Sharon now works at the ASA in Loughborough and is responsible for Masters activities within the ASA. Sharon also works with the ASA Masters Working Group to support all ASA Masters activities.



**Sharon will be available throughout the day to discuss any Masters swimming matters and to answer questions.**

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**Booking Form**

<b>Name</b>	
<b>Address</b>	
<b>Contact Tel No.</b>	
<b>Email Address</b>	
<b>Club</b>	
<b>ASA Registration Number</b>	

Please send the completed application form by post with a cheque payable to ASA South East Region for £15 to:

ASA South Division Office  
Castle Business Centre  
Castle Road  
Wellington  
Somerset  
TA21 9JQ

or email ([bryony.gibbs@swimming.org](mailto:bryony.gibbs@swimming.org)) and make payment by BACs:

ASA South East Region Account Number: 11514679  
Sort Code: 40-32-19  
Reference: MDD (+ASA Number)

Please book early to avoid disappointment as the day is strictly limited to 30 athletes.

**Spaces will be confirmed when the completed form AND PAYMENT have been received.**