

July 2011

Dear Diver/Parent

Age Group Training Camps.

Over the summer holiday we are able to offer training camps to divers at the Age Group level as follows:

Half day

- Wed 27/7/11, 1 – 3pm
- Thu 28/7/11, 12 – 2pm
- Tue 2/8/11, 12 – 2pm
- Tue 9/8/11, 12 – 2pm
- Tue 16/8/11, 12 – 2pm
- Tue 23/8/11, 12 – 2pm
- Tue 30/8/11, 12 – 2pm

Full day

- Fri 29/7/11, 10.30am – 3.30pm
- Sat 6/8/11, 10.30am – 3.30pm
- Sat 13/8/11, 10.30am – 3.30pm
- Fri 19/8/11, 10.30am – 3.30pm
- Fri 26/8/11, 10.30am – 3.30pm
- Fri 2/9/11, 10.30am – 3.30pm

These camps are suitable for divers aspiring to, or competing at, ASA Level 3 (ie Age Groups). A sheet is provided for the diver's regular coach to suggest what it is appropriate for them to cover during the day. **THE SHEET MUST BE FILLED IN & SIGNED BY THE COACH.** No booking can be made without this sheet completed and bookings must be made **at least 48 h before the camp** so that coaches can plan the day effectively.

The training camp will include some of the following:

- Studio: Dryland training: trampolining, gymnastics, dry-board and strength training
Pool: Skills from all stations and a chance to learn new dives
Lunch: An opportunity to refuel and some fun activities to help learn more about becoming a good diver.

The children will receive a report and a copy will go to their coaches.

Divers will need to provide a healthy packed lunch. A diet sheet will be provided by the nutritionist with British Diving. They must also remember to bring their drinks bottle with them and this can be re-filled at lunch time – it's really important they understand they must stay well hydrated while they train!! They may also bring additional small healthy snacks, but we ask that they do not buy sweets or additional food at lunchtime.

If you are interested, please fill in the attached application form and return **with your payment and coaches' information form** to The Quays reception. Remember that places are allocated on a first-come-first-served basis with 8 places available for each session.

PLEASE NOTE THAT PLACES CANNOT BE BOOKED BY PHONE.
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If you require further information or advice please contact Annie Clewlow or Melissa Harley on 023 8072 0922 / 07910 300232 or email annie.clewlow@activenation.org.uk / melissa.harley@activenation.org.uk.

Regards,
Lindsey Fraser
Diving Development Officer

PLEASE NOTE THAT WE DO NEED ALL THE INFORMATION ASKED FOR ON THE APPLICATION FORM
– SO PLEASE ENSURE THAT IT IS FULLY COMPLETED EVEN IF YOU ARE A MEMBER OF SDA
WE MUST ALSO HAVE YOUR BOOKING AND THE INFORMATION FORM COMPLETED BY YOUR
COACH AT LEAST 48H PRIOR TO THE SESSION

Please ask your coach to supply us with the following information:

Name _____

Club _____

Coach _____

Please list the dives that the diver is performing

Any particular skills you would like him/her to work on:

Signed: _____ Coach

Coach postal address for report: _____