

July 2011

Dear Diver/Parent

Skills Training Camps.

Over the summer holiday we are able to offer training camps to divers at the Skills 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 who are able to perform hurdle step, forward and back dive on 1m and forward and back line up on 3m as a minimum and who are ready to tackle new skills positively.

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 (full day): An opportunity to refuel and some fun activities to help learn more about becoming a good diver.

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

Divers on the full day camp 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.

PLEASE NOTE THAT PLACES CANNOT BE BOOKED BY PHONE.

If you require further information or advice please contact Annie Clewlow or Millie 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**

APPLICATION FOR DIVING TRAINING CAMP

The Quays Eddie Read Swimming & Diving Complex
Southampton

Skills Camp: (please tick which required)

Full day

Fri 29/7/11, 10.30am – 3.30pm

Fri 19/8/11, 10.30am – 3.30pm

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Tue 2/8/11, 12 – 2pm

Tue 23/8/11, 12 – 2pm

Tue 30/8/11, 12 – 2pm

Diver's name: DOB:

Address:

Post code: Tel: Email:

Car registration:Parent's name: Club:

Coach's name: Coach's Tel/Email:

Coach's address:

Emergency telephone number during the session:

Medical information: Does your child have any medical condition that the coach should be aware of (eg asthma, allergies, epilepsy)? Is your child taking any medication? Is there any other relevant information (eg learning difficulties, behaviour etc) that it would be useful for the coach to know? ***Please give details.***

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PLEASE CHECK THAT THE INFORMATION ABOVE IS CORRECT & COMPLETE BEFORE SIGNING. Please let us know if anything changes before the day.

Signed:.....(Parent) Date:.....

Method of payment (please tick)

£30/full day
£17.50/half day

Cheque (Please make payable to Active Nation UK Ltd and hand in at reception)

Cash (Please pay at reception) Credit/Debit Card (Please fill in details & hand to reception)

Charge my Visa/Mastercard/Switch/Delta*

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Start date:..... Expiry date:..... 3 digit security no:.....
(Final 3 numbers on signature strip on reverse of card)

*Switchcard Version/Issue no:.....

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

Name _____

Club _____

Coach _____

Please put a cross against the dives that the diver can perform

1m	101		201		301		401		103		
3m	101		201		301		401		103		
5m	100		200		101		010		020		
							3m	Fwd pike roll		Fwd tuck roll	
							3m	Back fall straight		Back tuck roll	

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

Signed: _____ Coach

Coach postal address for report: _____