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The Quays Swimming and Diving Complex
27 Harbour Parade
Southampton SO15 1BA

Diving Office: 023 8072 0922
Reception: 023 8072 0900

Supported by SOUTHAMPTON CITY COUNCIL

October 2011

Dear Diver/Parent

Half Day Training Camps.

Over the half term holiday we are able to offer a training camp on:

Tue 25/10/11, 8 – 10am

The cost for the half day will be £17.50. These camps are suitable for any diver able to do skills up to and including Level 1 of the ASA badge scheme and are a good introduction to club diving. For children taking part in the Quays Diving Programme they must be eligible to be training in a Level 2 class or above.

If your child is already a member of a diving club 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.

Children who are learning to dive through the Southampton Diving Programme, but who are not yet members of Southampton Diving Academy, do not need to have a completed coaches' information form.

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

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

Divers must remember to bring their drinks bottle with them – 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.

If you are interested, please fill in the attached application form and return **with your payment and where applicable, 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 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

APPLICATION FOR DIVING TRAINING CAMP

The Quays Eddie Read Swimming & Diving Complex
Southampton

Half Day Training Camp:
Tue 25/10/11, 8 – 10am

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.***

…….

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) **£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*

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	

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: _____