



19TH TO 21ST NOVEMBER 2015

ASA ENGLAND PROGRAMMES

COACH DEVELOPMENT

PROGRAMME

Workshop Topics:

Session Observation - Loughborough National Centre

Transition From Youth to Senior Swimming

Strength & Conditioning for Age & Youth Swimmers In The DTE

Performance Coach Presentations

Transition From Age to Youth Swimming Creating The Environment



Aspiring to Achieve Olympic Podium Success

Registration

Friday 19th November

From 12noon

Depart

Saturday 21st November

From 12noon

Speakers

Ian Turner

Fred Furniss

Evan Jenkins

Nathan Hilton

Residential

Link Hotel,

New Ashby Road,

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