Pre Season Training Aug 2010
Application Form

Senior Squad Swimmers

Pre Season Training for our Senior Squad Swimmers will this year run over 2 weeks in August giving a great opportunity for some intensive development in advance of next season. Please book early!

All sessions will be held in the Templemore pool.

Session	Dates	Time	
Senior Competitive Squad	**Week 1** Mon 16th – Sat 21st August **Cost: £25**	Mon 16th	9.00am – 11.00am
		Mon 16th	5.00pm - 7.00pm
		Wed 18th	9.00am – 11.00am
		Thurs 19th	9.00am – 11.00am
		Fri 20th	5.00pm – 7.00pm
		Sat 21st	12.00pm – 2.00pm
Senior Competitive Squad	**Week 2** Mon 23rd – Sat 28th August On the Wed & Thurs of this week swimmers are encouraged to remain in the Centre with a packed lunch as we intend to run some workshops on Nutrition and Sports Psychology **Cost: £30**	Mon 23rd	9.00am – 11.00am
		Mon 23rd	5.00pm – 7.00pm
		Tues 24th	1.00pm – 3.00pm
		Wed 25th	9.00am – 11.00am
		Wed 25th	1.00pm – 3.00pm
		Thurs 26th	9.00am – 11.00am
		Thurs 26th	1.00pm – 3.00pm
		Fri 27th	5.00pm – 7.00pm
		Sat 28th	12.00pm – 2.00pm

Cost: If you wish to attend both weeks the total cost will be £50

Enrolment Form

Name: **DOB:**

Address: **Medical Conditions:**

Parent/Guardian: **Contact Tel:**
Email:

Session	Dates	Please Tick
Senior Competitive	Week 1 16th – 21st August 2010	
Senior Competitive	Week 2 23rd – 28th August 2010	

Please return your completed form to the Club Administrator Alison Mahon, 186 Orby Drive, Belfast BT5 6BD with appropriate payment in order to book your place. Cheques should be made payable to "Templemore ASC". For any queries Alison can be contacted by emailing info@templemore.org.uk or telephoning 07975 750713.

visit us on the web at www.templemore.org.uk