



S.A.S.A North District

Information for Swimmers about Training Weekend Aberdeen Sports Village 9/10 July 2016

Over the weekend 9 and 10 July 2016, SASA North District is offering swimmers who have been invited to attend the Scottish Summer Meet the opportunity to attend a training weekend in and around the Aberdeen Sports Village and Aquatics Centre.

We know that for some swimmers, training is limited once school has finished, and we hope that this will provide swimmers with the chance to train, broaden their learning and enjoy the company of other swimmers so that they can take their swimming to the next level.

The weekend will be pretty busy with –

- 4 swimming sessions, including at least one led by Patrick Miley
- Education and experience with specialist strength and conditioning coaches, physiotherapists and others
- A climbing session at Transition Xtreme
- Much more!

Further details including a full timetable will be made available in the coming weeks.

The cost of the two days (accommodation and food is not included or arranged) is £40.

All swimmers whose names are on the list of swimmers for the Scottish Summer Meet

<https://www.swimmingresults.org/events/summer16sasa6015/selectionviewer.php>

are now requested to apply to attend and benefit from this weekend.

All that is required at this stage is to email lynnalderton@hotmail.com to express your interest.

In the event that it is oversubscribed swimmers will be invited according to the number of swims they have got on the list and then by age. Even if you are the youngest swimmer with only one swim, please still note your interest because although we know demand is high, we also know that some people are away and unable to attend.

Please note your initial interest by Friday 17 June

Information for Coaches about Training Weekend

We hope that club coaches will come along to join in too whether or not they have swimmers attending the weekend or even the Summer Meet. It is as much about you as it is about swimmers.

As well as joining in the swimmer activities and education, coaches can benefit from working with Patrick and Hannah in a pool session and will have the opportunity to ask questions of all the specialists.

More soon!