**2017 SASA North District Masters Training Series**

The 2017 North District Masters Training Series aims to give Masters Swimmers within the North District the opportunity to train in a structured environment to prepare for long course competition.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** |  | | | |
| **D.O.B** |  | | **SASA Reg No.** |  |
| **Club** |  | | | |
| **E-Mail Address** |  | | **Telephone** |  |
| Please indicate the Sessions that you’d like to book a place on with an ***X*** | | | | |
| **29th Jan** |  | **16th April** |  | **Total Cost**  **(£6 per session)** |
| **26th Feb** |  | **14th May** |  |
| **26th March** |  | **4th June** |  | **£** |

All sessions will be held at Aberdeen Sports Village, there will be a 20 minute briefing to outline the aims and objectives of each session to maximise time in the pool.

1. Stroke drills why & How to use them Sunday 29th January 14:00-16:30  
2. Butterfly & the 5th stroke Sunday 26th February 14:00-16:30  
3. Time Trial & Race Skills Sunday 26th March 14:00-16:30  
4. Backstroke & Endurance Freestyle Sunday 16th April 14:00-16:30  
5. Breaststroke & Sprint Freestyle Sunday 14th May 14:00-16:30  
6. I.M. & Race Preparation Sunday 4th June 14:00-16:30

Sessions cost £6 and payment can be made by cheque or by bank transfer:

**Bank Transfer**

Account No. 00882011 Sort Code. 80-05-16

Payment Reference: “Your Surname” MLCT “No. of sessions you are attending”

*Eg. Jones.MLCT.3*

**Cheque**

Make payable to **“*SASA North District”*** post this to North District Treasurer: Mr David Downie, 32 Parkhill Avenue, Dyce, Aberdeen, AB21 7FP

Please return this form to [ndmastersmeet@outlook.com](mailto:ndmastersmeet@outlook.com), all places are available on a first come, first serve basis with 33 place available at each session. Your place on each session will not be guaranteed until payment has been made and you have been sent confirmation that places are still available.

All participants must be a member of a club affiliated to a SASA North District Club to participate.