

This practical 'Starts & Turns' coaching swimming course offers two hours water time and covers the turning techniques for Frontcrawl, Breaststroke, Backstroke and Butterfly as well as the Backstroke to Breaststroke turn for the Individual Medley event. The coaching process will address technique and reaction times onto and off the wall for all turns, presenting insight and feedback to swimmers as well as coaches across the below turn phases...

The Five Metre Approach	Contact Around Wall	Push & Streamlining	Underwater Efficiency / Timing	Depth and Stroke Transition
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The course will also address the different diving techniques used for individual events as well as relay events and feedback reaction times to all swimmers. Simple methodology will be given so swimmers may practice whenever they choose following the course. Insight and feedback will be given to swimmers and coaches on the below dive phases...

Stance and Balance	Hand Projection	Height, Entry and Streamlining	Underwater Efficiency / Timing	Depth and Stroke Transition
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The course is for swimmers between the ages of 10-16 years. Exceptions will be made for 9 year olds who have achieved county times.

Please note that the swimming pool facility will be set out to international competition standards to include anti-wave lane ropes, competitive starting blocks, backstroke flags and depth of water.

'The ability to commit to excellence physically and mentally presents a winning chance'

(Nick Gillingham MBE - 2008)

To register your place email: [swim@nickgillingham.com](mailto:swim@nickgillingham.com) or call Claire on 07929 882472

[www.nickgillingham.com](http://www.nickgillingham.com)