

## The Art of Swimming Courses

Nick Gillingham MBE is a technical perfectionist when it comes to the art of swimming. With a specialism in breaststroke and a deep insight and passion for all competitive strokes, Nick will leave you more motivated and more prepared for personal excellence.

The course is 4.5 hours long. The pool session is limited to just 4/5 swimmers per lane with personal attention given throughout the 2 hour 'Swim Session'. A 'Key Note' presentation covering either planning for success, goal setting, handling pressure & nerves or sports psychology will be delivered. There will also be a 'Question & Answer' session with all championship medals on display to include the Olympic Games.

The swimming course is geared to regular club swimmers of 10 to 16 years of age (9 years old swimmers holding a county standard performance time also qualify). Swimmers who either compete at breaststroke, individual medley or simply want to improve their stroke technique are very welcome. Courses for Masters are also available.

The methodology applied will address the process of race preparation, development of overall technique to include analysing the level of buoyancy, pattern and efficiency of the leg kick, shape and effectiveness of the arm pull, the breathing and head position.

In the ideal, Nick is striving for perfect balance in the water and will be demonstrating the strokes plus all skills & drills in the water through ongoing stroke analysis and feedback. A complete performance analysis for the dive start and turns will also be fed back to swimmers following demonstrations and practice.

Swimmers parents are invited to support the education process and coaches of swimmers are also welcome. 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.

'We are what we repeatedly do. Excellence then, is not an act, but a habit'.

Aristotle (384 - 322 BC)

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)