



Youth Open Water Swim Coaching 2024

Whitlingham Adventure Centre

I will once again be running some open water swim sessions aimed at preparing swimmers for the Eastern Region OWS Championships. There will be 6 progressive sessions where swimmers will get used to the open water environment and develop skills such as sighting, buoy turns, group swimming, drafting, pacing, race awareness as well as developing race strategies.

These sessions are for swimmers aged 11 to 19 (on 31st Dec 2024). Wet suits are optional. Each session is £6.00 payable on the day. Cash Only (please bring the right money).

Please return the completed registration form to me by email to simon@sj3.co.uk or bring with you on your first session. It will help if you can tick which sessions you plan to attend.

- Dates: Session 1: 26th May 8:30 to 10:00am
- Session 2: 2nd June 8:30 to 10:00am
- Session 3: 9th June 8:30 to 10:00am
- Session 4: 16th June 8:30 to 10:00am
- Session 5: 23rd June 10:00 to 11:30am
- Session 6: 30th June 8:30 to 10:00am

Registration and Consent Form 2024

About You: Name: _____ Gender: _____

Address: _____

Postcode: _____

Swim Club _____ ASA Number: _____

Date of Birth: ___/___/___ Tel No: _____

Email Address _____

Do you have a disability? Yes/No If yes, please give details of any additional support needed:

Emergency Contact Details: Name: _____

Relationship to Swimmer: _____ Contact Mobile No: _____

Medical Information, e.g. Asthma:

Please make a note below of any medical conditions you feel the coaches need to know about.

Consent Declaration: I fully consent to the above named person participating in the activities as stated and understand and agree that they do so under instruction by the coaches entirely at their own risk and to receive first aid or emergency treatment if the need arises. I have considered the nature of the sessions and am satisfied that this person is sufficiently able to assume responsibility for their own safety under the supervision of the coaches.

Signed: _____ **Date:** _____

To be signed by parent/guardian if participant is U18

Please tick the box if you DO NOT want any photos taken for use in future promotional work or on the website