



Dear Parent/Guardian

January 2011

Due to the MASSIVE turnout for Land Training (which is amazing!) I have now had to change the venue.

Starting Wednesday 9th February, Land Training will now be held at Bowerhill School, instead of the village hall.

The School hall is a lot bigger which is a lot better and also has extra equipment for us to use! ☺

Please can everyone attending the 7pm session, make sure that they arrive to the session 10 mins early so that we can get everyone signed in and then start the session/warm up on time.

I have had to change the later session time slightly to accommodate this so the new session times are as follows:

9 – 10 years: 7pm – 8pm

11 + years: 8:15pm – 9:15 pm

(Parents welcome to attend the later session if they would like ☺)

Cost: £1.50 (to be paid on the night).

When we change to the school I shall be checking that all participants have filled in a health questionnaire, so can everyone please make sure that they have done this. For those of you that have not attended yet and would like to do so, please contact me on: kits_a_cutie@hotmail.com and I will be happy to forward one on to you.

Due to my shift pattern, I am not able to make every Land training session; therefore I will be giving out a time table every 4 months, so you know the session dates in advance.

January	February	March	April
05/01/11	09/02/11	09/03/11	13/04/11
12/01/11	23/02/11	16/03/11	20/04/11
19/01/11		30/03/11	27/04/11
26/01/11			

All participants will need to be signed in on the register by their parent & signed out when they leave.

Thanks again and Look forward to seeing you soon.

Kit Kat ☺

Kate Jones

Land Training Manager

E-mail: kits_a_cutie@hotmail.com

Mob: 07791 381186

Land training will benefit your child by helping to strengthen their body to improve their overall performance in the pool. Whether this be for stamina, strength or speed through the water.

M.A.S.C has been a "Swim 21" accredited club for the past 3 years, and in order for us to keep this prestigious award, we are required to show continuous improvement year by year.

By holding "Land Training" sessions, we will be fulfilling part of the criteria set by the Amateur Swimming Association.



LAND TRAINING

at

BOWERHILL SCHOOL

9 & 10 yrs: 7 – 8 pm

&

11 + : 8:15 – 9:15pm

(Adults Welcome to attend later session)

£1.50 per person

(To be paid on the night)

ALL PARTICIPANTS WILL NEED TO HAVE FILLED IN A "HEALTH QUESTIONNAIRE"
AND HANDED IT TO ME BEFORE THE SESSION.

All participants will need to be signed in on the register by their parent & signed out when they leave.

Kate Jones

E-mail: kits_a_cutie@hotmail.com

Mob: 07791 381186

Land Training Manager

I Look Forward to seeing you on the night!