

## Swim England London Para-Swimming Development Camp 2019

**Date:** Sunday 15<sup>th</sup> December 2019

**Venue:** Aspire Leisure Centre, Wood Lane, Stanmore, Middlesex, HA7  
4AP

### CAMP SCHEDULE

<b>Time</b>	<b>Session</b>	<b>Notes</b>
10:15 – 10:45	Registration	Dance Studio
10:45 – 12:00	S & C Workshop	Dance Studio
12:00 – 12:30	Lunch	Dance Studio
12:30 – 13:45	Coach Workshop (see below)	IT Suite
12:30 – 13:45	Swimmer Workshop (see below)	Dance Studio
14:00 – 15:30	Swim Session	Poolside
15:45 – 16:00	Sign Out	Reception

### Workshop Content

	<b>Swim England Para-Swimming Development Camp - Workshops</b>	<b>Speaker</b>
Coach Workshop	Adapting Training Sessions for the Para-Swimmer	Glen Smith
Athlete Workshop	The Para-Swimming Journey	Ollie Hind
S & C Workshop	Fundamental Movement, RMAP	Ryan Caulfield