

An underwater photograph of a swimmer in a pool. The swimmer is wearing a black swim cap with 'WHITGIFT' written on it and a yellow and green swim cap. The water is clear blue, and lane lines are visible in the background.

WHITGIFT

SUMMER SWIM CAMP

26-30 JULY 2021

Boys & Girls

(Must be able to swim 400m continuously)

3.5 hours of swimming per day

9.15am-4pm

£40 per day

£160 per week

(Email: r.smith@whitgift.co.uk)

SUMMER SWIM CAMP

Course Details

Whitgift is hosting a 5 day 'Swim Camp' from 26–30 July 2021 (Mon–Fri). This course offers a great opportunity to improve and perfect swimming skills and build fitness. All sessions are delivered by the Whitgift Swimming Team Coaches, led by Ross Smith, Head of Aquatics (Level 3 Coach).

Please note children must be able to swim 400m continuously to be suitable for this course. This course is not suitable for children who are learning to swim.

Programme

- > 9.15am-4pm
- > 3.5 hours of swimming
- > Strength & conditioning
- > Swim stroke Analysis

Items to Bring

- > Appropriate training costumes
- > Goggles
- > Towels
- > Kit Bag
- > Trainers
- > Change of clothes
- > Bring a packed lunch, snacks (no nuts) and drinks

Please complete this application form and return to Whitgift School Sports Department (addressed to Ross Smith), or email to r.smith@whitgift.co.uk
Deadline for booking is 19 July 2021.

Booking Details

Child's Name:

Age:

Swimming Level: Club County Regional National

Swimming Club:

Parent/Guardian Name:

Contact Number/Email:

Home: Mobile:

Email

Days Attending

All Week Monday 26 Tuesday 27 Wednesday 28

Thursday 29 Friday 30

Payment Information

Payment info will be clarified to you once your place on the course is confirmed.

Medical Information: Please indicate any relevant medical considerations that you feel we should be made aware of:

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Declaration: From reading the course description, I can confirm that my child is fit and able to take part in the course, and all information I have given is correct.

Signed: Date:

I give consent for photographs and video to be taken of my child for swimming technique evaluation and for marketing purposes.

Signed: Date:

I am happy to be contacted by email about other activities/courses available from Whitgift School or the John Whitgift Foundation.



WHITGIFT

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