

17 Chilton Close  
Abingdon  
Oxfordshire  
OX14 2AP

07900 995694

Dear Swimmers and Parents

Isis Aquatics, Oxfordshire's Performance swimming Squad, is holding

**Isis Aquatics Pre Season Training Camp  
Mon 23rd August to Fri 27th August  
At Abingdon School**

The basis of the week is to set skills and drills, a basic fitness level on land and in the water, core strength on land and in the water, use of video and education on a variety of subjects. This is aimed at swimmers 11 & Over competing at County, Regional or National level.

**Timetable for the day**

<b>Time</b>	<b>Activity</b>	<b>Location</b>
<b>7.30am</b>	<b>Meet</b>	<b>Foyer of pool</b>
<b>7.45 – 9.45 am</b>	<b>Swim Skills, drills, video</b>	<b>Pool</b>
<b>9.45 – 10.15am</b>	<b>Break/ snack</b>	
<b>10.15 – 11.15am</b>	<b>Education/ video Goal setting</b>	<b>Hospitality suite</b>
<b>11.30 – 12.30pm</b>	<b>Land work Run, cords, core Skipping, Med Balls</b>	<b>Studio</b>
<b>12.40pm</b>	<b>Depart</b>	

Equipment needed for the week

Pool: Kick board, pull float, fins, paddles water bottle

Land work: Suitable trainers, shorts, T shirt

Education: Note pad, pen / pencil

Snacks for the morning

**Cost for the week £50.00 for ISIS Club members,  
£65.00 for Non ISIS members**

This is payable at the time of booking with cheques made payable to ISIS Aquatics

The coaching staff will be from the ISIS Aquatics coaching group.

Please fill in the booking slip below and return to **Lindsay Powell, 17 Chilton Close, Abingdon, Oxon, OX14 2AP, by 10<sup>th</sup> July 2010. 07900 995694**  
Email [lindsay.powell@btinternet.com](mailto:lindsay.powell@btinternet.com)

Lindsay Powell  
For ISIS Aquatics Coaching Panel

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### **ISIS Aquatics Summer Development Camp**

I would like to book \_\_\_\_\_ place/ places on the ISIS Aquatics Pre Season Training Camp

Cost £50 00 for ISIS Club member £65.00 for non-ISIS Club members  
Cheques made payable to ISIS Aquatics

Please Print

Name \_\_\_\_\_

Address & Contact no \_\_\_\_\_

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Club \_\_\_\_\_ Age \_\_\_\_\_

Swimming Level \_\_\_\_\_

Please advise us of any medical conditions that the Coaching Staff Should be aware of

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