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Dear Swimmer

6 May 2008

**Training at The National Swimming Academy Saturday 17 May 2008**

You have been selected to attend a training session on Saturday 17 May 10.00 – 12.00 at The National Swimming Academy, Stirling University, Bridge of Allan.

Please arrive at least 15 minutes before the start of the session to warm up.

The cost to cover the pool hire at NSA is £5, which should be paid to the coach at NSA.

You should make your own way to NSA. (It may be possible to share lifts – let me know if this is a problem).

Remember to bring your swimming kit - towel, costume/trunks, cap, goggles, float, pull buoy, hand paddles, fins and a water bottle.

You should bring some healthy snacks and/or a packed lunch to eat after training, have breakfast and something to eat before training so that you have energy for the two-hour session, and drink fluid before, during and after the session.

If you do not have the training equipment, please borrow from the cage at Olympia for the day, or speak to your coach.

**Please confirm that you will be attending the training at NSA before 14 May, either at any training session, by email or phone, or complete the slip below and return to your squad coach.**

**It is important that you inform your coach ASAP if you cannot attend so that your place can be allocated to another swimmer.**

Yours in Swimming

*Heather Albin*

*Drew Burnett*

Head Coach

Assistant Coach

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**IT IS VERY IMPORTANT THAT YOU CONFIRM YOU WILL BE ATTENDING OR LET YOUR COACH KNOW IF YOU CANNOT ATTEND**



**Training at The National Swimming Academy Saturday 17 May 2008**

Name .....

- I will be able to attend
- I will not be able to attend due to .....

Please ✓ in

Parent/guardian signature.....

**Please confirm that you will be attending the training at NSA by email, phone or complete this slip or let your coach know if you cannot attend before 14 May. Thank you.**