



# Swim Clinic

With London 2012 Olympic swimmer

## Craig Gibbons

**Date: Friday 7th September**

**Venue: Furzefield Centre**

Potters Bar Swimming Club has organised a swim clinic on the evening of Friday the 7th September.

London 2012 Olympic swimmer Craig Gibbons will be coaching and demonstrating in the pool, and giving tips and advice for improving your stroke technique.

Craig is one of Britain's fastest swimmers and has been competing at British, European, and World Championship level since 2005.

In the 2012 British Championships Craig finished 2nd in the 50m final and 3rd in the 100m final to seal his place in the Olympic team for the 4\*100m Freestyle Relay.

The cost for the clinic is £7.50 per person.

If you would like to participate in this swim clinic please fill in the form below and return with payment to Martin, Wray, Bronwen, Chris or Alan by Monday 3rd September.

***Places are limited. Act quickly to avoid disappointment. First come first served.***



- ◆ European Finalist 2009 (6th 100m Free )
- ◆ 2 \* British Record Holder
- ◆ Team: Maxwell Swim Club

### Timetable

- ◆ 6.15 - 7.15 swim session for squads 4 & 5
- ◆ 7.15 - 8.15 swim session for squads 2 & 3
- ◆ 8.15 - 9.15 swim session for squad 2 swimmers who attend Land Training & squad 1

\*We may need to even out the group sizes and ask some swimmers to move sessions. We will advise if this affects you

Name.....

Squad.....

I enclose payment of £..... Cash/cheque \*

***Please make cheques payable to PBSC***

*\* delete as applicable*