

Dear Swim Parent/Teacher/Coach,

If you're a swimming coach or you have a son or daughter who loves swimming and you want to do the very best you can to help them make the most of their talent then I'd like to help. I remember what it was like starting out on the path that led me to 6 world titles and I know that I would do anything I could to get hold of any ideas, techniques and information to help me improve. So, when I stopped competing, I decided that I wanted to do whatever I could to help today's young swimmers become tomorrow's sporting heroes. And that's what my Swim Academy is all about.

I've put together a team of some of the most knowledgeable people in swimming to help me deliver the most up to date techniques, drills, & methods available to swimmers. To date, the camps have inspired over 2500 children and I am pleased to share some of the feedback we have received:

"Talk about inspiring a generation, you guys inspired me massively"

"Thank you for the best experience of my life! A fantastic coaching team that has made me feel so motivated."

"Thank you to each and every member for making it fun, informative, relaxed and very welcoming for kids and parents alike"

My aim is for your swimmer/son/daughter to come back to you with:

- PROVEN WAYS TO DRAMATICALLY IMPROVE THEIR STROKES, SPEED AND ENDURANCE
- ADVANCED LAND TRAINING AND CONDITIONING PROGRAMMES TO TRANSFORM THEIR FITNESS LEVELS USING THE LATEST EQUIPMENT
- THE MENTAL AND PHYSICAL STRATEGIES OF SUCCESSFUL INTERNATIONAL SWIMMERS THAT WILL ENABLE THEM TO ACHIEVE CHAMPION LEVEL PERFORMANCES

WHO IS IT FOR & HOW IS IT ORGANISED?

Our camps cater for a wide participation of swimmers; we accept 9 & 10 year olds with County consideration times and all 11 – 18 year olds who have obtained a minimum Stage 7 level in the ASA learn to swim framework to those who are swimming competitively at Club, County, Regional or National level. We organise the day according to swimming ability, first stroke preferences and 50m times. There are only 60 places available for a one day camp which ensures a low swimmer to coach ratio so your child receives the attention they deserve to make a real difference.

AS A PARENT OR COACH CAN I STAY AND WATCH?

Parents are more than welcome to stay and spectate for the day (in the past we have had great feedback from parents who have very much felt a part of the day too!). I would also like to extend an invitation for swim coaches, who have at least 5 club swimmers booked onto a camp, to come for the day for free and observe and share the MFSA team best practices in the swimming performance world.

WHEN AND WHERE ARE THE CAMPS, HOW DO I BOOK & HOW MUCH ARE THEY?

Please refer to the MFSA website (www.mfsa.co.uk) for current dates and locations as well as booking information. The one day swim camp costs £95 and includes my Sporting heroes book and MFSA swim hat for each swimmer.

WHAT THE DAY INVOLVES

**may be subject to change depending on facility availability

The one day camp generally runs from 9am to 4.30pm** and depending on numbers, the groups will be split into 2.

Each group receives:

30 minutes Introduction and meet the team

2 hours Pool Training

1 hour Lunch break

2 hours Land Strength & Conditioning Training

1 hour Mindset & Video presentations followed by a question and answer session

30 minutes Photos and Autographs

For all the latest news you can follow us on Facebook (MFSA Mark Foster Swim Academy) & Twitter (@mfswimming). If you need more details please contact my colleague Ali at ali@dailyworkout.com. I hope to see you & your young swimmer soon.

All the best,



Mark