



Swim Clinic

With GB swimmer **Craig Gibbons**

Date: Friday 9th July

Venue: Furzefield Centre

Potters Bar Swimming Club has organised a swim clinic on the evening of Friday the 9th July.

Craig Gibbons will be demonstrating in the pool, and giving tips and advice for improving your stroke technique.

Craig is one of Britain's fastest swimmers and has competed at British, European, and World Championship level. Craig is currently in training for the 2010 Commonwealth Games, and 2012 London Olympics.

Craig will be joined by nutritionist Rachael Gatford who will talk to parents and swimmers about how to eat like a champion, and also give advice on eating and diet plans.

The first swim session will be for squads 4 & 5 at 6.15.

The second swim session will be for squads 1,2 & 3 at 7.45.

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 Sunday 20th June.

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



◆ European Finalist 2009 (6th 100m Free 46.9s)

◆ 2 * British Record Holder

◆ DOB 29/11/1985 Team: Maxwell Swim Club

Personal Best Times

◆ 50m Free: 21.49

◆ 100m Free: 46.90

◆ 200m Free: 1 47.31

◆ 50m Back: 24.99

◆ 100m Back: 54.68

Timetable

◆ 6.15 - 7.45 swim session for squads 4 & 5

◆ 6.15 - 7.15 nutrition talk to squads 1,2 & 3

◆ 7.45 - 9.15 swim session for squad 1, 2 & 3

◆ 7.45 - 8.45 nutrition talk to squads 4 & 5

Name.....

Squad.....

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

Please make cheques payable to PBSC

* delete as applicable