

# swimnorthwest Coaching Conference and Awards Ceremony



## Presenting a very special key note speaker – David Sparkes, the ASA's Chief Executive

**Venue:** The Sugden Sports Centre & Manchester Aquatics Centre

**Date:** Saturday 19<sup>th</sup> June 2010

**Time:** 9.15am -4.30pm (conference)  
4.45pm – 6.30pm (awards)

**Cost:** £20 per person

*Includes all refreshments, delegate pack and attendance at the conference*

### **Event Outline**

9.15am – 9.45am	Arrival and Registration
9.45am – 10.20am	Welcome and Keynote
10.30am - 12.40pm	Morning Workshop
12.50pm - 1.50pm	Lunch and Networking
2.00pm - 4.10pm	Afternoon workshop
4:20pm - 4:40pm	Closing Address
4.45pm – 6.30pm	Awards ceremony

Certification Awarded for ASA Licensing Scheme

All bookings will be taken on a first come - first served basis. Spaces are limited, so book early to avoid disappointment

To book your place, please complete the conference booking form and return with payment (payable to ASA) to:

**ASA Workforce Conference Application, SportPark,  
3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF**

Or email to [workforceconferences@swimming.org](mailto:workforceconferences@swimming.org) with full details of payment.

For further information please contact  
ASA Coaching Systems Officer, Jenny Baxter  
07900 605 137 [jenny.baxter@swimming.org](mailto:jenny.baxter@swimming.org)

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Please identify your discipline and ensure that this is put as your workshop choice on the application form (please note, just one discipline choice is required):

Swimming Strand	<b>Sean Kelly</b> , Stockport ICT Head Coach will be delivering a practical session in the pool along with a theory session to back up the pool work based around the topic ' <b>Minimal Gains in Performance</b> '. Sean will be joined by David Carry, Commonwealth Games 2006 in Melbourne 400m I.M and 400m Freestyle gold medalist.
Diving Strand	<b>Damian Ball</b> , Head Coach at Harrogate and District Diving Club will be delivering a practical session in the pool along with a theory session to back up the pool work.
Synchronised Swimming Strand	<b>Lolli Montico</b> , GB National Coach, will be delivering a practical session in the pool along with a theory session to back up the pool work based around the basics of synchronised swimming.
Water Polo Strand	<b>Tim Dunsbee</b> , Director of Water Polo at City of Manchester Water Polo Club, will be delivering a practical session in the pool along with a theory session to back up the pool work.
Tutor Strand	<b>(ASA Tutors Only) Effective Assessment, Delivery and Verification of ASA Courses</b> - Mandatory CPD for all ASA Tutors. This is a 4 hour CPD.

Also available on the day for coaches to take part in is a basic life support session which will include simple first aid, or for those more experienced in first aid a session on defibrillator training.