

## **INFORMATION SHEET - INDIVIDUAL COACHING SESSIONS.**

### **Who are the sessions for?**

Our sessions are aimed at swimmers of county standard and above, and are all focused on technique. They are also aimed at 11 years and older (at the time of the session) due to the technical nature of the sessions. The idea is to work on technical points specific to the individual and then take them home to continue to incorporate them into the daily training environment. Either Joe or Amy will attend the sessions. Filming will take place both under and over water to aid learning in these sessions.

### **Where and when do the sessions take place?**

We run individual coaching sessions at Loughborough University, LE11 3TU. Pull off Epinal way into the University and go over the large speed bump. Turn right before security and then right again over another speed bump to take you into the car park closest to the pool (the orange walled/round roofed building). You now need to pay for this car park so please do check with the reception desk on how to do this as there is a 2 hour time limit also. We will meet you on poolside, we may have a session immediately prior to your own. Please make sure you are there in plenty of time to be changed and ready to meet us on poolside 5 minutes before the start of your session. **Please head round to lane 8, 5 minutes prior to the start of your session.** When the session will be depends on the availability that is on offer on the booking form, and your selection. Please only make one selection, we have limited sessions available for high demand, so we need to make the service as fair as possible.

### **What to bring?**

Our sessions are all focused around technique, so it would be great if you could bring your kit bag with fins, paddles and snorkel with you please. Don't forget your drink and something warm to wear when we might be on poolside taking a look at your videos.

### **Video analysis/feedback options.**

Please note that there are additional feedback services that you can opt for. If you feel that either service would be of value, then please select your preferred option when filling in the booking form.

**OPTION 1** - If you choose this service after the session, you will receive technical notes specific to you, along with the video footage we have taken during the session. This is intended to help you, or your swimmer, remember all the technical advice being given so you are more able to take these key pointers away and implement them into your own training where the changes can really make a difference. This service will come with an additional cost of **£15 per swimmer**, per session, not affected by the session duration.

**OPTION 2** – If you choose this service, you will receive annotated videos, which will also be narrated by us to identify areas of improvement required and/or developed throughout the session. This will come at an additional cost, at the discounted rate from the stand-alone service, of **£45 per swimmer** per session, also not affected by the session duration.

### **Booking confirmation.**

Please be aware that you will be asked to make payment at the time of filling in the booking form and selecting your session. Your session will not be confirmed until the booking form has been received and payment has been made. If payment has not been made within 48 hours of completion of the booking form, the session will no longer be held and will be made available to other customers again.