



The Art of Breaststroke

*The Sennocke Centre,
Sevenoaks School, Sevenoaks, Kent, TN13 1HU*

Saturday 23rd January 2010

Group 1: 11.30am – 4.45pm

With

**Nick Gillingham MBE
Double Olympic Medallist**

Group 1 Itinerary

Arrival & Registration	11.30am – 11.45am
Introductions	11.45am – 12.00am
Pool Session	12.00 – 2.00pm
Lunch Break	2.00pm – 2.45pm
Key Note Presentation	2.45pm – 3.35pm
Question & Answer Session	3.35pm – 4.05pm
Photo-call/Autographs /Medals	4.05pm – 4.30pm
Round-up and thank you	4.30pm – 4.45pm

Swimmers will need to bring a packed lunch with them. Please bring your own float and pull buoys if you have them and think about questions in advance. You may wish to email them to me or write them down and give them to me when you arrive.

For directions see attached PDF.

Sports Communication Group Ltd

Email: swim@nickgillingham.com

Website: www.nickgillingham.com

Telephone: 01665 710155

Mobile: 07929 882472