



Derbyshire Masters Development Day

Derby Excel Swimming Club are organising the first of its kind Masters Swimmers Development Day intended for Master swimmers of all abilities and ages. The workshop is aimed to provide some inspiration and skills to the Master swimmers at the beginning of the season. The workshop is limited to 24 swimmers so don't wait for too long to book your place!

Note that Derbyshire Master swimmers have a priority for bookings made in August and are entitled for a £20 cashback through the Derbyshire ASA – see the next page for details.

Location: **Alfreton Leisure Centre Swimming Pool**

Date: Saturday, **23rd September 2023**

Time: **9am-4pm**

Detailed programme is provided below.

Session	Description	Location	Duration	Timeline	Coach/ Speaker
Welcome	Welcome and info	Training room	20mins	9-9:20	Jamie Brown
Physio/Land	Injury prevention/strength and conditioning for swimmers	Training room	1h 30mins	9:20-10:50	Gregor Kelling
Pools session 1	Endurance /long distance swimming	Pool, 3 lanes	1h	11:00-12:00	Jamie Brown
Lunch break	Lunch + networking (own lunches or café at the leisure centre reception)		40min	12:10-12:50	
Psychology in swimming	Psychological skills in Masters swimming- Enhancing Performance, Motivation and Well-being	Room with a projector	1h 30min	12:50-14:20	Dr Karen Howells
Experience	Transition from big sport to Masters swimming (informal talk + Q&A)	Room with a projector	30mins	14:20:-14:50	TBC
Pools session 2	Sprint, technique, turns, starts	Pool, 3 lanes	1h	15:00-16:00	Jamie Brown



About the speakers/coaches

Jamie Brown

Jamie started with City of Derby aged 9 years old and 20 years later is still here! Having hung up his goggles aged 18, he transitioned into lifeguarding and later coaching. He has coached squads of all ages during his decade of coaching - from those new to swimming through to competitive swimmers at Regional and National level. In more recent years, he has had the fortune to gain new experiences working with Para swimmers and returning to one of his passions: Masters swimming. Jamie says: "I am proud to coach one of the biggest and fastest growing Masters squads in the county as we grow to bigger and better things - with swimmers of all ages and abilities. I thrive on the challenge of getting everyone to their 'own Olympics'!"

Gregor Kelling

Gregor comes from a background of swimming at regional level and competed in triathlon at a national level. I have a BSc (Hons) Physiotherapy degree and have worked doing physiotherapy in the NHS in the upper limb and hand departments. I also work in a variety of sports including triathlon, ultra marathons, for a premier league hockey club and with England Hockey.

Dr Karen Howells

Karen is a Senior Lecturer in Sport and Exercise Psychology at Cardiff Metropolitan University. She is a Chartered Psychologist of the British Psychological Society (BPS), a registered Practitioner Psychologist with the Health and Care Professions Council (HCPC). She regularly provides sport and performance psychology support to athletes from a wide range of individual and team sports competing at a variety of levels.

Booking your place for the Development Day workshop

The workshop price is £49.00.

To book your place, please email (title 'Derbyshire Masters Development Day') to masters@derbyexcel.org.uk with **your name, club name, ASA number** and we will send you a payment link and details.

T&Cs:

- Only one place can be booked per email request.
- The minimum Master swimmer age is 18 years old. The swimmer must be registered with SwimEngland in Train or Compete Category.
- Between 1st and 31st August places are offered to Derbyshire swimmers only. From the 1st September, any remaining places will be offered to any Master swimmers outside of Derbyshire.
- Swimmers of Derbyshire clubs can claim £20 back AFTER the workshop has taken place by emailing to dasagrants@derbyshireswimming.org.uk with their payment confirmation, club name and ASA number. This cashback is directly funded by Derbyshire ASA to support development of Derbyshire swimmers.
- The workshop is non-refundable once the payment is made. However, if you are unable to attend and can find a replacement, we are happy for that swimmer to take your place (with prior notification of this change).