



Stalybridge Amateur Swimming Club
For children & adults based at the Copley Centre SK15 3ET

STOCKPORT METRO
WHERE CHAMPIONS GROW



Special training event

Sat 7th March 4-6pm, Copley



We know that our swimmers will make good progress if they do as many Stalybridge training sessions as possible, but to develop their potential even further, they must seek extra pool time. This is where the big swim squads like Stockport Metro Wolfpack are essential. They have pool time every day in a full Olympic size pool with state-of-the-art facilities such as gym equipment and racing blocks and full-time professional coaches with years of experience. High-profile Stockport Metro names include James Goddard and Lauren Quigley, four times Commonwealth silver Medalist in Glasgow 2014.

On Saturday 7th March from 4-6pm Stockport Metro Head Coach, Richard Blackshaw and Assistant Coach, Stuart Sant, will be at Copley to coach **just** Stalybridge swimmers. If you would like your child to benefit from their formula for success, then this is a superb opportunity. They can:

- ***Improve their stroke technique***
- ***Raise their expectations and ambitions***
- ***Learn about what it takes to be a top level swimmer***
- ***Ask questions about anything from drill practices to nutrition advice.***

As parents, this allows you to find out about:

- ***Session times for swimmers of your child's age and ability level***
- ***Contact information and new swimmer trials***
- ***And to speak in person to these coaches.***

We want as many Stalybridge swimmers in the pool on Saturday as possible, no matter what their age or ability, as all six lanes will be coached for the full two hours if swimmers wish to stay the whole time, so please try to make it for this event. ***Admission is at the usual rate on the desk – there is no extra charge.***

