

# Rushmoor Royals Easter Skills Camp 2012

## Application Form

### Aldershot Garrison Pool

9<sup>th</sup> - 11<sup>th</sup> April 2012

For more information:  
[www.rushmoorroyals.com](http://www.rushmoorroyals.com)  
email: [chris.wall@rrsc.co.uk](mailto:chris.wall@rrsc.co.uk)  
phone: 01252 330666 or 546509

Surname ..... Date of Birth.....

First Name(s) ..... Male / Female

Swimmer's ability

Competitive  County  Regional  National  International

Optional: I would like to book a video analysis slot in addition to my place on the camp at an extra cost of £20

Parent / Guardian Name.....

Address.....

.....

..... Post Code.....

Tel.No. Home ..... Work .....

Mobile .....

Email .....

**Swimmer Medical Information**

Please state any medical conditions that we should know about:

.....

.....

Please provide us with an emergency contact name and number.....

.....

**Parent/Guardian Signature**

I understand and accept all Terms and Conditions (as detailed overleaf) and enclose payment of £130 (see below).

Signature..... Date.....

**Send application to: Rushmoor Royals SC – 81 Manor Road, Farnborough, Hampshire GU14 7HJ**

Payment Options - Cheques made out to - "Rushmoor Royals Swimming Club" or if you would like to pay by bank transfer  
Barclays Bank Camberley Branch: Sort Code: 20-16-99 Acc No: 50240605 Ref: "swimmers name"

If you pay by bank transfer please email to say you have.

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#### **Facilities**

The Garrison Swimming Pool in Aldershot is a 50m Facility with onsite Gym, Sports Hall. The Rushmoor Royals campers will have the chance to benefit from the use of the Olympic size swimming pool as well as the other facilities during the land-training sessions and lectures.

The Olympic standard Swimming Pool is built to FINA/ASA standards and has eight lanes.

#### **Terms and Conditions–**

**Safety:** Regulations made for the safety and comfort of course members must be observed.

**Behaviour:** Rushmoor reserves the right to send anyone home who demonstrates unreasonable behaviour.

**Smoking:** Aldershot Garrison is a non-smoking campus and all visitors are kindly requested to comply with these regulations.

**Personal loss/injury:** Rushmoor Royals cannot accept responsibility for any personal loss or injury sustained by participants.

**Cancellation:** Rushmoor Royals reserves the right to cancel the course up to 14 days before the start date if numbers enrolled have not reached the minimum requirement. A complete refund of the fee will be given or an alternative course offered.

**Refunds:** Refunds will only be given in the event of the course being cancelled by Rushmoor Royals . All fees paid will be forfeited by anyone cancelling a course within 14 days of the course start date.

**Photographs/videos:** Photographs and videos may be taken and used electronically for marketing purposes –objections will be respected.

#### **Facility Address:**

Rawlinson Road, off Princes Avenue, Aldershot, GU11 2LQ

#### **Camp Schedule and Timings;**

8.30 AM – Registration and arrival

9.00 – 11.00 AM – Swim Session with Skills focus (Film Analysis)

11.00 – 12.00 PM – Film analysis Workshops (Nutrition/Psychology/Performance Lifestyle)

12.00 – 1.00 PM – Lunch and Quiz

1.00 – 2.00PM – Land Work (Shoulder Stability/ Injury Prevention/Core Stability)

2.00 – 4.00 – Swim Session with Skills focus (Film Analysis)