Total Swimming events revealed for 2009 in the NE

Following the success of the All Star events in 2008, Total Swimming has now released the dates for the 2009 programmes. With the NE a hot bed of swimming talent Total Swimming are bringing two events to the NE region.

Each 2 day event is unique training days helping young swimmers understand a new approach to training and racing. Using the best in the business and featuring Olympic athletes swimmers will learn how to mange their nerves and take home new swimming skills that can help smash personal best and gain experience in an Olympic size pool.

- Leeds John Charles Centre for Sport 25/26 April
- Durham Freemans Quay (25m) 19/20 September

Using the superstars of the Olympic pool in Beijing these events not only give the opportunity to see these performers in the pool but also see international medals and work with leading sports professionals in injury prevention workshops, sports psychology workshops and much more.

Chris Cook double commonwealth champion and one of the fastest men in history on 100m breastroke will be featured at these events and is excited about sharing his experience with young developing athletes,

“Over the two days young swimmers have access to all the elite training aids I enjoy as an international swimmer. Underwater filming, sports psychology, great coaching and guidance on the best dry land work. I am excited about sharing my Olympic experiences and getting in the pool with all the swimmers too…I hope that I can pass on some skills and tips that I have learnt from my time on the British team“.

Coaches and parents are also welcome to attend the event and enjoy the learning experience. Steve Parry director of Total Swimming hopes these events will contribute positively to club swimming,” Our aim is to support the amazing work going on at a club level. The swimmers work hard on swim skills but also focus on out of the pool skills which in my opinion are as important for swimming PB’s. Our philosophy encourages parents and coaches to get involved which means that everyone can have a fun filled, inspiring and informative 2 days with their favourite Olympic star.”

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These events are inclusive events for 10 -15 year old swimmers, for more information or to book on please contact any of the Total Swimming team on **0844 800 4323** or check out **www.totalswimming.co.uk** and click through on All Star Days (online booking also available). Group bookings for clubs are available at a discounted rate of 10% for a booking of 5 or more.