

Organised by:



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## Singapore Swimming Association and Swimming Coaches & Teachers Association of Singapore

Dear Coaches,

We would like to warmly invite you to attend *A WORLD OF KNOWLEDGE Coaches Workshop* on Breaststroke technique by world-renowned coach, **Rohan Taylor**, and his world-class swimmer, **Leisel Jones** (2 Gold and 1 Silver Medallist at the 2008 Olympic Games in Beijing, China).

Coach Rohan Taylor will share his 17 years of swimming achievements since 1999 as well as his recent achievement in the 2008 Olympic Games Beijing. The achievements of his swimmers at International Meets include:

**Leisel Jones** 2 Gold 1 Silver at Beijing Olympics 2008

**Shayne Reese** Multiple World Champion 2005 & 2007, 4x100 Free Relay, 2004 & 2008 Olympian

**Sarah Katsoulis** 2009 Silver and Bronze Medallist Rome World Championships 2009

The workshop will be held on the **23 Nov 2009 from 9:00 a.m. to 4:30 p.m.** at the **Toa Payoh Swimming Complex**.

### Programme for the Workshop

**9:00 a.m.** Introduction

**9:10 a.m.** Video viewing on Breaststroke drills and swimming footage

**9:40 a.m.** Discussion about Breaststroke

**10:10 a.m.** Dialogue and discussion with World Class Coach Rohan & Olympic Gold Medallist Leisel Jones

**10:40 a.m.** DVD presentation on Front Crawl, Butterfly and Backstroke

**11:40 a.m.** Lunch Break

**12:30 p.m.** Discussion on Training & Development of Age Group swimmers to Open swimmers

**1:30 p.m.** Pool session with swimmers doing drills with Leisel Jones

**3:00 p.m.** Pool session Breaststroke specific with World Class Swimmer, Leisel Jones

**4:30 p.m.** End of Workshop

### Benefits (worth S\$170):

- A T-shirt & Discount Voucher sponsored by **FINIS**
- Discount Voucher from **Elements Spa** (owned by Singapore Olympian Leslie Kwok)
- A sports wristband sponsored by **EFX Performance Pte Ltd**
- A Block Up! Sport SPF30 1oz sponsored by **Alphico Marketing Pte Ltd**
- **Refreshment will be provided** for all participants.

**For Participants only** – eligibility to purchase DVD titled, “**Technique First Swim Clinic**” at discounted price of S\$45

**Participation Fees: S\$68 for NROC/SCTAS members and \$88 for Non-members**

**INTERESTED? Register NOW – Limited Seats Only!**

Please complete the application form attached and make cheque payable to:  
“*Swimming Coaches & Teachers Association of Singapore*”

Organised by:



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EFX Performance Pte Ltd



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## Singapore Swimming Association and Swimming Coaches & Teachers Association of Singapore

### Participation Form

Workshop will be held on the 23 Nov 2009 from 9am to 4.30pm @ Toa Payoh Swimming Complex.

#### Personal Particulars

\*Name (as in NRIC/Passport): \_\_\_\_\_

Gender (M/F): \_\_\_\_\_

\*NRIC/Passport No.: \_\_\_\_\_ NROC/SCTAS/NON-MEMBER  
(delete as appropriate)

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ \*T-Shirt Size \_\_\_\_\_

\*Mobile No.: \_\_\_\_\_ Office No.: \_\_\_\_\_

Home No: \_\_\_\_\_ Email Address: \_\_\_\_\_

\*Purchase DVD? Yes/No (Payment to be made together with participation fees)

\* Mandatory information

**Speakers:** World Renowned Swim Coach, **Rohan Taylor** and Australia National Swimmer, **Leisel Jones** (2 Gold and 1 Silver Medallist at the 2008 Olympic Games Beijing)

**Venue:** Toa Payoh Swimming Complex, Singapore SSA Conference & Poolside, Competition pool

**Time:** 9:00 a.m. to 4:30 p.m.

**Date:** 23 Nov 2009

**Organisers:** Singapore Swimming Association and  
Swimming Coaches & Teachers Association of Singapore  
Supported by Singapore Sports Council for the Promotion of Sports

**Fee:** S\$68 for NROC/SCTAS members and S\$88 for non-members

**Total capacity:** Maximum 80 coaches

**Closing date:** 16 Nov 2009 (registration on a first-come-first-served basis)

**Things to bring:** CCE log book.

#### **For Official Use Only:**

Total Amount Paid: \_\_\_\_\_ Cheque: \_\_\_\_\_ Official Receipt: \_\_\_\_\_

Please make cheques payable to "Swimming Coaches & Teachers Association of Singapore"

Submit your application form at the  
**Singapore Swimming Association (Toa Payoh Swimming Complex)**  
or mail your form together with cheque to  
**SCTAS, P.O. Box 452, Bedok Central Post Office, Singapore 914602.**