



Dear Swimmers and Parents,

I am pleased to announce that I will be running some skill clinics in Cambridgeshire, this December 2017!

For those of you who do not know me, I am originally from Huntingdon and previously Head Coach of Huntingdon Piranhas (2005-2007) and Assistant Head Coach of Mid Beds Swim Squad (2007-2009).

Since then, I have been the Head Coach of [Hamilton Aquatics Dubai](#) from August 2009. During my time at Hamilton Aquatics, the academy has grown from just 80 swimmers in the club section, to 600 swimmers across all squads (250 competitive).

Hamilton Aquatics is now the leading swimming academy in the Middle East and along my journey, I have coached swimmers to national medals in over 30 different countries. The pinnacle of our success was Hamilton Aquatics winning the medal table at the 2014 British Age Nationals, something seen as a stepping stone towards further long term success.

Many of these swimmers have now gone on to represent their countries internationally at either Junior or Senior level – a total of 20 different swimmers under my guidance have represented their country on talent programmes or at meets such as Multi-Nations Meets, World Cups, European Juniors, African Games, Asian Championships, South Americans, World Juniors, World Short Course and the Olympic Games.

I have been the lead coach to swimmers who have achieved national Age Group, Junior and Senior records for Great Britain, England, Scotland, South Africa, Poland, Latvia, Mexico, Pakistan, Algeria, Tanzania, Malta and Argentina.

My coaching philosophy of developing young swimmers technically in a fun environment can help swimmers improve their strokes and also inspire them to achieve their long term potential.

I will look forward to seeing lots of enthusiastic swimmers attending the clinics!

*Ash Morris*

**COACHASHMORRIS** Swimming Consultancy

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- **Facebook Page:** [facebook.com/coachashmorris](https://www.facebook.com/coachashmorris)
- **Instagram Account:** [coachashmorris](#)

### Location

All clinics will be held in St.Ives at the One Leisure swimming pool. St.Ives is easily accessible and just off of the A14, making it easy to get to from anywhere in Cambridgeshire and Bedfordshire.

### Why attend the clinics?

- Professional coaching by a proven international coach.
- Special attention to technique and skills.
- Proven technique, progressions and advice.
- Unique coaching style and learning environment.
- Individual attention and feedback to swimmer/parent.
- Low swimmer to coach ratio.
- Excellent value for money.
- Available via email for follow up after service.
- All clinics lead by Coach Ash Morris and assisted by Coach Peter Brystow.

### Payment & Registration

All spaces on the clinics will be on a first come, first served basis. You must email the registration form back to [coachashmorris@hotmail.co.uk](mailto:coachashmorris@hotmail.co.uk) as soon as possible and I will confirm your space.

Swimmers will pay on arrival to the clinic by cash or cheque made payable to “Ashley Morris”.

If swimmers are unable to attend the clinic, they must notify me via email ASAP to that I can offer the space to another swimmer.

### Clinic Overview

CLINIC	AGE/LEVEL/ABILITY	TIME/DATE
<b>‘World Class’ Freestyle Clinic</b>	Age Guideline – 11 to 14 Years (County or Regional level)	17:00-20:00 Tuesday 19 <sup>th</sup> December 2017
<b>Competitive Race Starts Clinic</b>	Age Guideline – 11 to 14 Years (County or Regional level)	09:00-11:30 Saturday 23 <sup>rd</sup> December 2017
<b>Competitive Race Starts Clinic</b>	Age Guideline – 8 to 11 Years (Advanced Swimmer or Club level)	10:30-13:00 Saturday 23 <sup>rd</sup> December 2017

Please read below for more detailed information on all three clinics running during December 2017.

### 'World Class' Freestyle Clinic

During this clinic, we will be going through some fundamental drills and technique points, aiming to give the foundations and reinforce 'World Class' freestyle technique. A big focus will be on developing body line, rotation and connection within the stroke, which will involve a lot of kick and body position drills.

The swimmers will be in the pool for 2 hours, then we will go into the sports hall for a 1 hour session where specific land exercises will be delivered, largely with a 'core' focus. All of this will be lead by myself and assisted by Coach Peter Brystow.

All parents are welcome to watch and ask any questions at the end or via email after the clinic.

**Standard:** Aimed at swimmers aged 11-14 years old, who are at County or Regional level.

**Cost:** £45:00 **Location:** One Leisure Centre, St.Ives, Cambridgeshire **Date:** Tuesday 19<sup>th</sup> December 2017 **Time:** 17:00-20:00

### Competitive Race Starts Clinic

The aim of this clinic is to give swimmers a real advantage on their race starts. We will be going through a start progression that will be focusing on the positioning, power and entry from the dive.

The swimmers will be in the pool for 1.5 hours. We will also have a hour session in the 'green room' where I will be speaking about several things about how to be successful in swimming, giving some tips and motivation. All of this will be lead by myself and assisted by Coach Peter Brystow.

All parents are welcome to watch and ask any questions at the end or via email after the clinic.

**Standard:** Aimed at swimmers aged 11-14 years old, who are at County or Regional level.

**Cost:** £45:00 **Location:** One Leisure Centre, St. Ives, Cambridgeshire **Date:** Saturday 23<sup>rd</sup> December 2017 **Time:** 09:00-11:30

### Competitive Race Starts Clinic

The aim of this clinic is to give swimmers a real advantage on their race starts. We will be going through a basic but fundamental start progression that will be focusing on correct positioning and streamlining from the dive.

The swimmers will be in the pool for 1.5 hours. We will also have a hour session in the 'green room' where I will be speaking about several things about how to be successful in swimming, giving some tips and motivation. All of this will be lead by myself and assisted by Coach Peter Brystow.

All parents are welcome to watch and ask any questions at the end or via email after the clinic.

**Standard:** Aimed at swimmers aged 8-11 years old who are advanced swimmers or club level.

**Cost:** £45:00 **Location:** One Leisure Centre, St.Ives, Cambridgeshire **Date:** Saturday 23<sup>rd</sup> December 2017 **Time:** 10:30-13:00