

PRIVATE CLUB COACHING

The cost of a one hour club coaching session from Olympic Coach Gary Vandermeulen is £75.00. In addition there are two package plans available:

TRAINING DAY- 2 x 2 hours pool session plus 1 x 1 hour dryland session £300.00

TRAINING WEEKEND – 2 DAYS – each @ 2 x 2hrs pool plus 1hr dryland £500.00

Coaching will include coach mentoring for all club coaches at the training session. A detailed training plan of the session for the coaches, including on deck consultation/description/mentoring is provided. The size of your squad is up to the home coach and organising committee. It is essential that an accurate register is available prior to the session to enable Gary to organise the training session. The coaching session can be prescribed by the home coach or provided by Gary, depending on your needs.

As much advance notice as possible will ensure you are not disappointed.

The cost for travelling to an additional pool will be £.40p per mile.

CALL GARY- 01786461260 or email gary@sheppardswimschool.co.uk