



# Crystal Palace Club Network

## Taster Session 6<sup>th</sup> January 2018

### Crystal Palace National Sports Center

To find out more and TAKE PART in a TASTER SESSION, please come along on 6<sup>th</sup> January to Crystal Palace from 7.30 am.

The trial session will include Land Training lead by our experienced and certified PT Brigit Brown from 7:30-8:15am and then swim training from 8:30-10:30am.

**COACHES AND PARENTS ARE INVITED TO WATCH THE SESSION AND SPEAK TO TONY, BRAM OR JOHN MILLS ABOUT THE TRAINING AND HOW TO GET INVOLVED IN PERFORMANCE SESSIONS.**

**Long Course Performance Training is available every Saturday to enrolled CPCN members as follows;**

**6.30 to 8.30 am National Squad**  
**TONY BECKLEY**  
**BRAM MONTGOMERY**

**8.30 to 10.30 am Regional/County Squad**  
**JOHN MILLS**  
**DAMIEN BRYAN**

**Core Strength Training is provided Alternate Saturdays**

#### About the Network

Crystal Palace Club Network was established in 2013 following the ASA closure of the Beacon program in South London.

The Network is a collaboration of 11 clubs including Beckenham, Chelsea Westminster, Croydon Amphibians, Dulwich Dolphins, Leander, Wandsworth, Bromley SC, Orpington OJ's, Saxon Crown, Kingston Royals and South Croydon SC. The clubs share and manage the pool allocation previously allocated to the Beacon program at Crystal Palace and also run performance sessions on Saturday mornings for enrolled swimmers from trustee and associated clubs.

In the 2016/17 season a total of 37 CPCN performance swimming members achieved British (16 in swimmers with Individual events and a further 8 swimmers in relays) and English National (31 swimmers) qualification.

Saturday morning performance training provides an opportunity for National, Regional and County swimmers to get valuable long course experience as well as benefit from coaching with some of London's most experience and recognised coaches.

CPCN provides an opportunity for both disability and able bodied performance swimmers to train with peers of similar ability from different clubs.

To enroll swimmers must be a member of a club and meet the minimum requirement of being within 5% of County Championship qualification times (subject to coaches discretion) and turn 11 by 31<sup>st</sup> December 2018.