

**TRAINING SESSIONS
WITH OLYMPIC COACH
GARY VANDERMEULEN:**



NAME: _____
 ADDRESS _____
 EMAIL: _____
 MOBILE _____

Be part on an exclusive training group and train on the weekend with Olympic Coach Gary Vandermeulen!

BACKGROUND:

Gary Vandermeulen is a UKCC Level III Mentor Coach. He has been coaching since retiring from competitive swimming after swimming on Canada's national swim team for ten years in 1994. Since moving to Scotland he has been the Tayside & Fife Area Institute High Performance Swimming Coach 2003-2007 and West of Scotland Area Institute Swimming Coordinator. Since starting the Sheppard Swim School in 2008 he has run swim camps for over 500 swimmers and provided many young swimmers the knowledge they require to improve their technique. Do not visit Gary to do some mindless and endless laps! You will be learning and having fun! Swimmers who have worked with Gary have qualified to make the finals at the 2010 Commonwealth Games. Another swimmers has earned full scholarship to an American University beginning in 2011. Triathletes who have worked with Gary have gone from being last out of the water to finishing their swim in the front pack.

Gary is has been named Scotland's *British Swimming Coaches & Teachers Association Swimming Coach of the year*, two times, most recently in 2004. He has coached swimmers at every level of swimming, including Olympic medallists and a swimmer to reach world #1 in 2002. He has coached swimmers who have won medals at the Para-Olympic Games and has had swimmers earn world records in Masters Swimming. He has coached Ironman Triathletes to world ranked results and taught children terrified of water how to swim.

As a swimmer, at one time, Gary was ranked in five different events in the top five in the world.

Gary continues to be active as a coach, recently having trained the Tayside & Fife Area Combined Squad and mentoring coaches in Tayside and Fife to put swimmers onto the European Junior Championships team in 2005, 2006, 2007 and more recently one of these swimmers was a finalist at the Commonwealth Games in India in 2010.

THE PROGRAMME:

To be part of the squad that trains with Gary you will have to be able to do the following test set: **400m Freestyle non-stop**. So it is possible to train with the best without spending an entire lifetime in the pool. You do not need to feel you need to be a champion swimmer to work with Gary. You only need to want to learn. Everyone can improve their swimming technique and with Gary you will have someone with a tremendous background to quickly see what you need to do to improve.

Session	VENUE	POOL time	Start date	Finish date	Cost
SAT am	TULLIALLAN POLICE COLLEGE	0700-0900	15-01-11	26-03-11	£90.00 block Or £10 per workout
SUN am	GLENALMOND COLLEGE	0715-0915	16-01-11	27-03-11	£90.00 block Or £10 per workout

Every training session will include world class technique instruction developed over a lifetime of competitive swimming experience. The focus will be on learning new skills on *balance and timing* on all four swimming strokes. Each week a new stroke is trained, rotating each week. New drills will be learned and in the second hour of each session these new drills will be implemented into an aerobic training set, engraining the new skills into your neural pathways.

Squad size will be limited to a maximum of 6 per lane. Priority places to those swimmers booking by block.