



**SWIMMING EDUCATION RESEARCH &
DEVELOPMENT FOUNDATION**
(N.R. Jagdale Group)

HEAD OFFICE :
#41/1, 72nd Cross, 6th Block,
Rajajinagar, Bangalore - 560 010.
Ph : 080 - 23503860 / 23351542
E-mail : nrj_search@yahoo.co.in

To

Date: 23rd October 2018

President / Secretary

Sub: ASCA Level - I & II Courses and Advanced Free Style & Back Stroke Clinic

We are pleased to inform you that our Foundation will be conducting ASCA Level – I & Level – II courses and **Advance Free Style and Back Stroke Clinic** under the auspices of Swimming Federation of India and Karnataka Swimming Association from 12th – 16th February 2019 at CITY INSTITUTE close to Basavanagudi Swimming pool, Pampa Mahakavi road, Basavanagudi , Bangalore 560 004.

Level –I course will be held on 12th & 13th Feb 2019

Level – II course will be held on 14th – 15th Feb 2019 and

Advance Free style & Back stroke Clinic will be held on 16th Feb 2019.(Only for coaches having experience of minimum 1 year)

All the above courses and the clinic will be conducted by **Coach GUY EDSON from ASCA, USA.**

Coach Guy Edson is a highly experienced coach and he has conducted number of courses and clinics all over the world. He is one of the popular coaches in the United States. His teachings have been well appreciated in all countries.

The course fees as follows:

Level – I: Rs 8000/- (Without Accommodation)
Rs 9000 /-(With Accommodation)

Level - II :Rs 9000/- (Without Accommodation)
Rs 10,000 /-(With Accommodation)

Advance Free style & Back stroke Clinic:

Rs 12,000/- (Without Accommodation)
Rs 13,000/- (With Accommodation)

If all 3 courses are taken by your coach, there will be discount of Rs 2000/- of total fees.

The above course fees includes course material, class room arrangements, Lunch & refreshments, ASCA fees and ASCA membership for 3 years.

Course fees to be sent by DD in favour of Swimming Education, Research & Development Foundation, payable at Bangalore, along with your registration form.

The last date for registration for the course will be 25th January 2019. As there are restrictions on the number of participants, it is suggested to register well before the last date.

Coaches are required to bring their swimming Costumes and towels for the pool session on stroke Mechanics during the course.

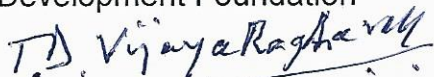
Prerequisites to take up ASCA courses:

- a) Coaches who are attending the course should know swimming properly and shall have the basic knowledge of all the strokes.
- b) They should have served in any swimming club or Institutions as Life Guards / Swim Instructors.
- c) These courses are meant to update the knowledge of participants.
- d) For Level –II course, coaches should have atleast SIX Months experience in coaching for competitive swimming.

We request you to kindly send your coaches from your club / Centre / institution to take up the above courses and to get the benefit of the latest knowledge from an expert coach from ASCA, USA.

Yours faithfully

For Swimming Education, Research
& Development Foundation



T.D.VIJAYARAGHAVAN
Director (Projects)

P.S : DD to be sent to the following address :
Swimming Education, Research & Development Foundation
(N.R. Jagdale Group)
41 / 1, 72nd Cross, Rajajinagar- 6th Block
Bangalore – 560 010.
Mo: 9845479780 / 9844462077.