

Leeds Castle Children's Open Water Swim Session 8th June 2019

thetrilife.com, is delighted to be hosting an open water swim session for 8-16 year olds (age on Dec 31st) on 8th June 2019 at the spectacular venue of Leeds Castle.



About your coaches

thetrilife.com is a leading coaching company in the UK, delivering swim, bike and run coaching via online training programs, training day camps, overseas camps and one-to-one sessions. The highly qualified coaching team that includes Richard Jones, Bill Black, Dan Salcedo and Andrea Whitcombe provides coaching for athletes of all levels of fitness and ability from first time triathletes through to seasoned professionals and elite performers.

What you will do

- get advice on putting on your wetsuit
- get used to being in open water – what will you see under the water?
- learn how to turn around buoys

- get used to swimming close to each other
- learn how to start in a group
- learn how to remove your wetsuit quickly

What you will need to bring

- swim wear
- a wetsuit is recommended – shorty is ok
- goggles
- brightly coloured Latex cap - we will supply these
- a towel
- additional warm clothing for after the session
- a drink for after the session

Please arrive at least 15 mins before the start of your session and have your swimming costumes on under your clothes. Arrival time will be your designated registration time.

Getting to the training session

Leeds Castle

Directions

Access via Private Entrance - Broomfield Road

Leeds Castle is situated 7 miles east of Maidstone. After leaving the M20 at Junction 8 (Lenham A20) follow the brown and white tourist signs. At the third roundabout Leeds Castle is sign-posted right via the B2163 - **this turning should be ignored**. Proceed along the A20 towards Lenham for approximately 1 mile passing the Park Gate Inn and Leeds Castle golf course on your right. Take the next turning right sign-posted Broomfield (Broomfield Road). Approximately 100 yards along, turn right through the iron gates with a lodge house each side. A steward will direct you to the appropriate car park.

