

Individual Medley Master class *with former international swimmers*

When:

Wednesday 20th February 3.15-5.30pm

Where:

Ellesmere Primary School Pool
(SY12 9EU)

Outline:

3.15-3.30pm Pre-Pool & Briefing

3.30-5.30pm Water Session based on Stroke Progressions with a GB Junior International Adam Metcalf

COST:

£50 (£25 NON REFUNDABLE DEPOSIT REQUIRED TO SECURE SPACE), BALANCE DUE BY 4TH FEBRUARY

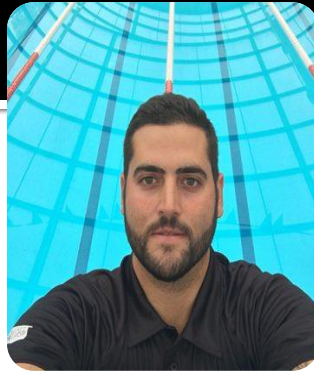


HOW TO BOOK:

Email Steffi Bircher (steffibircher@gmail.com) to book your space(s) for Stage 7 to Regional level swimmers. Spaces are limited to 20 swimmers, so book early to avoid disappointment!

Coaches:

Alan Bircher



Swimming Background

- GBR International Swimmer 1997-2008
- World & European Silver Medallist
- Multiple World Cup Stage Winner
- Double European Cup Champion
- 10 Time British Champion

Coaching Background

- BSCA Youth Coach of the Year 2016
- GBR European Juniors 2016
- GBR Texas Team 2016
- GBR Lead Coach European Championships 2014 OW
- German Team Coach World Championships 2009
- England Talent Coach 2008-2014
- Coached 10+ British Age Group Records
- Double European Junior Gold Medallist
- European Junior Qualifiers Pool & Open Water
- European Youth Olympic Qualifier & Multiple Medallist
- Commonwealth Youth Games Qualifier & Multiple Medallist
- Multiple National Champions & Medallists

Stefanie Bircher



Swimming Background

- World Championships Team Gold 2004
- European Championships Silver 2004
- European Championships Bronze 2006
- Multiple World Cup Stage Winner
- Double European Cup Champion
- European Junior Champion 2003
- 5 Time German Champion

Coaching Background

- England Talent Coach
- Coached Multiple National Champions and Medallists
- Developed some of Britain's top Age Group swimmers
- Developed some of Britain's top Age Group Open Water swimmers
- Diverse in coaching from Stage 1 LTS through to National Champions