

Free Prize Draw

Win 2 x 90 min swim coaching sessions with DVD recordings worth £130 at our total Immersion Swim Studio in Rochford, Essex. Plus a free copy of the Triathlon Swimming Made Easy book worth over £12. Terms on Website.

Name..... Tel number.....

E-mail.....

To enable us to maintain the highest standards of service please spare a moment to mark the boxes to complete this short survey and return the leaflet to us by popping it in the box, or by posting it to the address below, or just go to our website download the word document and e-mail the completed form to us.

Where do you buy your Tri-suit/accessories from? Write the place in the box please

Which one	<input type="text"/>	Shop/Internet
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Are you a member of a club? Write which one in the box please

Yes	<input type="text"/>	No
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How many times do you swim a week?

Once	Twice	Three times	More
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What distance do you compete?

Super sprint	Sprint	Olympic	Ironman
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When are you looking to replace your wetsuit?

Next month	Next 6 months	Next year	Next 3 years
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What is your annual budget for Swim coaching?

£50-150	£150-350	£350-650	£650 plus
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Which strokes are you interested in learning or improving?

Freestyle	Breast stroke	Butterfly	Back stroke
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What main element of your swimming would you like to improve?

Kick	Balance	Breathing	Arm recovery
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