

# ND Online Events

Date	Start	Finish	Audience	Title	Presenter	Details	Booking Deadline	Booking / Joining Information	Active
11/09/2020	17:00	18:00	SWIMMERS	Insanity Class - Interactive workout session	Mel Thomas	Mel Thomas has been in sports for over 30 years, having competed at both national and international levels in boxing and American Football. He is a fitness instructor teaching across many areas; Indoor cycling, Interval (Insanity) Training and Boxing to name a few. Mel was also responsible for the land training at the renowned Swim Inspiration Swimming Camp in Derby originally established by British Swimming Lead Coach Melanie Marshall . Mel is also an instructor for the number one sports and active holiday resort Club la Santa Lanzarote.	11th September @12:00pm	<a href="https://scottishswimming.azolve.com/workbench/public/events?ref=7689B8014F67A853E3B7A3B08E33B87A532444D7">https://scottishswimming.azolve.com/workbench/public/events?ref=7689B8014F67A853E3B7A3B08E33B87A532444D7</a>	NO
25/09/2020	17:00	18:00	SWIMMERS	Insanity Class - Interactive workout session	Mel Thomas	Mel Thomas has been in sports for over 30 years, having competed at both national and international levels in boxing and American Football. He is a fitness instructor teaching across many areas; Indoor cycling, Interval (Insanity) Training and Boxing to name a few. Mel was also responsible for the land training at the renowned Swim Inspiration Swimming Camp in Derby originally established by British Swimming Lead Coach Melanie Marshall . Mel is also an instructor for the number one sports and active holiday resort Club la Santa Lanzarote.	25th September @12:00pm	<a href="https://scottishswimming.azolve.com/workbench/public/events?ref=630B859A2105020F80100D5FBD41BF11873F4D84">https://scottishswimming.azolve.com/workbench/public/events?ref=630B859A2105020F80100D5FBD41BF11873F4D84</a>	NO
16/10/2020	17:00	18:00	SWIMMERS	Insanity Class - Interactive workout session	Mel Thomas	Mel Thomas has been in sports for over 30 years, having competed at both national and international levels in boxing and American Football. He is a fitness instructor teaching across many areas; Indoor cycling, Interval (Insanity) Training and Boxing to name a few. Mel was also responsible for the land training at the renowned Swim Inspiration Swimming Camp in Derby originally established by British Swimming Lead Coach Melanie Marshall . Mel is also an instructor for the number one sports and active holiday resort Club la Santa Lanzarote.	16th October @12:00pm	<a href="https://scottishswimming.azolve.com/workbench/public/events?ref=7D17C15E00ACAE610464622E61CCC70B7E79F35B">https://scottishswimming.azolve.com/workbench/public/events?ref=7D17C15E00ACAE610464622E61CCC70B7E79F35B</a>	NO
27/10/2020	19:00	20:00	COACHES	Sport Psychology - Coaches Event - Team Cohesion	Dr Bryan McCann	As part of our Coaches Together Lockdown & Beyond Programme we are delighted to launch the next series of workshops focused on Sports Psychology which start on Tuesday 27th October. We have been working with Dr Bryan McCann from Glasgow University to deliver a series of workshops to coaches and swimmers across the District. The Spotlight will shine on our coaches for launching the first workshop which will cover Team Cohesion. This interactive workshop will explore the key principles of bringing and keeping a team or group together. Your role in this as a coach will be discussed and you will have the opportunity to explore your own challenges with teams.	26th October @18:00pm	<a href="https://scottishswimming.azolve.com/workbench/public/events?ref=E5550691A15C22B0D385FA486CF00DE81467D4AD">https://scottishswimming.azolve.com/workbench/public/events?ref=E5550691A15C22B0D385FA486CF00DE81467D4AD</a>	YES
06/11/2020	17:00	18:00	SWIMMERS	Insanity Class - Interactive workout session	Mel Thomas	Mel Thomas has been in sports for over 30 years, having competed at both national and international levels in boxing and American Football. He is a fitness instructor teaching across many areas; Indoor cycling, Interval (Insanity) Training and Boxing to name a few. Mel was also responsible for the land training at the renowned Swim Inspiration Swimming Camp in Derby originally established by British Swimming Lead Coach Melanie Marshall . Mel is also an instructor for the number one sports and active holiday resort Club la Santa Lanzarote.	6th November @12:00pm	<a href="https://scottishswimming.azolve.com/workbench/public/events?ref=84628903BC03A506768B10FDF11686748A0A10C">https://scottishswimming.azolve.com/workbench/public/events?ref=84628903BC03A506768B10FDF11686748A0A10C</a>	YES
27/11/2020	17:00	18:00	SWIMMERS	Insanity Class - Interactive workout session	Mel Thomas	Mel Thomas has been in sports for over 30 years, having competed at both national and international levels in boxing and American Football. He is a fitness instructor teaching across many areas; Indoor cycling, Interval (Insanity) Training and Boxing to name a few. Mel was also responsible for the land training at the renowned Swim Inspiration Swimming Camp in Derby originally established by British Swimming Lead Coach Melanie Marshall . Mel is also an instructor for the number one sports and active holiday resort Club la Santa Lanzarote.	27th November @12:00pm	<a href="https://scottishswimming.azolve.com/workbench/public/events?ref=F62F64F2F0778D92B3E745AF35402692B5E591C2">https://scottishswimming.azolve.com/workbench/public/events?ref=F62F64F2F0778D92B3E745AF35402692B5E591C2</a>	YES

Date	Start	Finish	Audience	Title	Presenter	Details	Booking Deadline	Booking / Joining Information	Active
18/12/2020	17:00	18:00	SWIMMERS	Insanity Class - Interactive workout session	Mel Thomas	Mel Thomas has been in sports for over 30 years, having competed at both national and international levels in boxing and American Football. He is a fitness instructor teaching across many areas; Indoor cycling, Interval (Insanity) Training and Boxing to name a few. Mel was also responsible for the land training at the renowned Swim Inspiration Swimming Camp in Derby originally established by British Swimming Lead Coach Melanie Marshall . Mel is also an instructor for the number one sports and active holiday resort Club la Santa Lanzarote.	18th December @12:00pm	<a href="https://scottishswimming.azolve.com/workbench/public/events?ref=1589B8766A00A29089D3391E85901D00357C5FB9">https://scottishswimming.azolve.com/workbench/public/events?ref=1589B8766A00A29089D3391E85901D00357C5FB9</a>	YES