



## Sports Massage at the Stockport Metro November Meet

Ex Stockport Metro and Loughborough University swimmer Ciara Standing will be offering soft tissue sports massage across all 3 days of the November meet!

Ciara is a Level 3 qualified sports massage therapist and a student physiotherapist.

For £10 for 20 minutes, she will be offering pre/post event massage and optional cupping for every athlete competing at the event and will be based in the physio room next to the first aid room (near the oasis area on poolside).

Requirements from athletes:

1. Write your name on the sheet of paper situated outside of the first aid room next to the timeslot you'd like to be seen
2. Arrive promptly before your scheduled time and bring a towel !!!

This is FIRST COME FIRST SERVED

Take advantage of this unique opportunity to prepare and recover well and swim fast !!

