

SWIMMING MID NORTH COAST
DEVELOPMENT SQUADS FOR 2009

You are invited to attend the following development camp organized by Swimming Mid North Coast Inc.

The one day camp for C and B squad will be held on Saturday 22nd August, 2009.

C SQUAD IS STATE QUALIFIERS AGED UNDER 12 YEARS.

B SQUAD IS STATE QUALIFIERS AGED OVER 12 YEARS.

The camp will include under water filming and this will be analysed by the Coach, Peter Sanders. Also Core body strength training by qualified Gym instructor, as well as a nutritionist to round out the day. This will be a full day with lunch included.

Camp registration with Faye Rowles will be at 9am and the day will conclude around 4pm.

Costing of the day is \$20.00.

This is the weekend before NSW State Age Short Course Championships in Homebush and should be beneficial for you for this meet.

Please forward this form including medical consent and code of conduct to Faye Rowles, 1/8 Hope close Dunbogan or email to faye@tadaust.org.au on 31/7/09

NAME.....

ADDRESS.....

DATE OF BIRTH.....

CLUB.....REGISTRATION NO.....

Contact details Phone.....

Email.....

I certify that I have my parent's permission to apply for this camp.

I am eligible for this squad as per the essential criteria.

Signed (Parent or guardian).....