



SWIMMING MID NORTH COAST
DEVELOPMENT SQUADS FOR 2010

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

The camp will consist of a training day on the 17th July ;

- * underwater filming
- * Stretching and the importance of warming up and swimming down
- * A dietician will cover the right way of eating for your sport
- *overnight stay at Forster on the 17th and then on the 18th July a swim meet at West Wallsend in Newcastle. (The swim meet is a requirement of SNSW)

All meals will be supplied. The camp will start at Forster Aquatic Centre at 9.30 am on the 17th with registration with Faye Rowles. Parents will have to pick up on Sunday pm at Forster when the team returns from Newcastle. That time will be advised.

Parents are encouraged to come to the education session.

All cost will be met by SMNC with funding from SNSW and the only charge will be a **\$50** registration fee. To get the maximum amount of funding from SNSW we need at least 5 members in each squad.

C SQUAD IS STATE QUALIFIERS AGED 9-12 years.

B SQUAD IS STATE QUALIFIERS AGED 13-18 years.

Caps and drink bottles will be provided by SNSW.

Please forward this form including medical consent and code of conduct to Faye Rowles, 1/8 Hope close Dunbogan or email to faye@tadgust.org.au on 31/5/10

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).....