



SWIMMING MID NORTH COAST

A SQUAD FOR 2010

SELECTION CRITERIA

12-18 years, Australian Age Championships attendees.

PROGRAM ACTIVITIES

A full day of training/ Education. SMNC will be with Far North Coast and New England & Western. Each area will be appointed a Head Coach for this day by ASCTA.

Timetable

| | |
|-------------|-------------------------|
| 9am | Introduction/Stretching |
| 9.30-11.00 | Pool work |
| 11.30-12.30 | Presentation |
| 12.30-1.15 | Lunch |
| 1.15-2.15 | Presentation |
| 2.15-4.00 | Stretching/Pool work |

Parents of these squad members will be invited to attend to Parent Presentations.

A one weekend Duel Meet. All swimmers would be notified about this in due course.

All costs will be met by SNSW. They will also provide a NSW T shirt.

SMNC ARE WORKING ON GETTING CLEARANCE FOR A TRIP TO NEW ZEALAND AND THIS WOULD BE IN ADDITION TO THE ABOVE. SWIMMERS WOULD HAVE TO PARTICIPATE IN THE ABOVE BEFORE CONSIDERATION WOULD BE GIVEN IF THE TRIP TO NEW ZEALAND GOES AHEAD.

FAILING NEW ZEALAND GOING AHEAD, WE ARE LOOKING INTO TASMANIA OR DARWIN.

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 30/4/10

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).....