



SWIMMING MID NORTH COAST DEVELOPMENT SQUADS FOR 2010

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

D SQUAD - NON STATE Qualifiers - AGED 9 TO 16 YEARS

. :. 1 day camp at Kempsey Pool on Saturday 21st August– COST \$ 15.00 per person –camp will start at 9.30am to 2.30am with registration at 9 am. Lunch included.

. :. 1 State Development Meet at Homebush Aquatic Centre on Sunday 26th September, 2010 - NO CHARGE EXCEPT FOR TRAVEL TO SYDNEY AND ACCOMMODATION (IF NEEDED) - NO ENTRY FEES.

If there is sufficient interest in this meet, we will endeavor to look into a bus and accommodation.

The aim of the camp will be enjoyment and recreation with pleasurable social involvement where you will:

- Develop basic skills with concentration on participation and enjoyment and focus on fun and being part of a team.
- Learn basic education on nutrition and stretching.
- How to fill out a card, what to pack i.e. spare goggles and what to take to marshalling etc.

There will be a nutrition expert to instruct the swimmers

The aim of the State Development 1 day meet at Homebush will be:

- To swim at the best known swim centre in the world.
- To learn what happens at a State run swim meet.
- To meet other swimmers from all over the State rather than just your district.
- To encourage you to create realistic goals.
- To assist you to reach your goal.

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 Before the 31/7/10.

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).....