

OPEN WATER NATIONAL A CAMP: 12 JANUARY 2019

INVITATION TO ALL METRO SOUTH WEST COACHES

Further to our request for expression of interest, dated 9 August 2018, Metro South West is now planning the first ever Area National Camp at SIRC, Penrith on Saturday 12 January 2019.

Camp is opened to all Swimmers, and their Coaches, from Metro South West as per the following:

- i) **Competed at Metro South West Open Water Championships in 5.0 and/or 7.5 and/or 10.0 Kms Events, on 11 November 2018 at SIRC, Penrith**
- AND / OR**
- ii) **Competed at Swimming NSW Open Water Championships in 5.0 and/or 7.5 and/or 10 Kms Events on 8 -9 December 2018 at SIRC, Penrith.**
- iii) **Competitors who HAVE QUALIFIED FOR AND HAVE ENTERED Australian Swimming National Open Water Championships on 26 to 28 January 2019 at Brighton Beach, Adelaide, SA.**

SATURDAY 12 JANUARY 2019 PROGRAM:

A small course (500 to 1000 mts) course will be established for this camp in front of pontoon on Regatta Lake
Swimmers make their own way to and from Regatta Centre.

Parents Welcomed as Spectators. WAIVER DECLARATION TO BE COMPLETED.

- i) 8:30 to 9:30 AM – Registration at Regatta Lake in front of Grand Stand
- ii) 10:00 AM to 12:00 NOON: Water activities and Lectures
- iii) 12:00 Noon to 12.45 PM: LUNCH (Provided by MSW)
- iv) 1:00 PM to 2:00 pm: Water Activities and Lectures.
- v) 2:00 to 2:30 PM: Debrief and Camp Finish.

Training Gear required, water and any self-preferred snacks.

Coaching by MSW Coaches.

Cost: \$ 0.00

IF YOU ARE INTERESTED IN THIS CAMP AND WISH TO ATTEND, please complete details below and send back to Gail Cauchi, development@metrosw.org.au by 4 January 2019 or EARLIER

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COACH Name and Surname:.....

Club:

Dietary Requirements:

Medical Conditions:.....

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Signature of Swimmer (or Parent / Guardian if under 18 years of age)

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Date

2018 – 2019 MSW DEVELOPMENT