



ACHIEVER SQUAD 2018 - ITINERARY

SUNDAY 22nd JULY - ORANGE / SPRINGWOOD

- | | |
|-------|---|
| 8.30 | Arrive - Check in – Introductions – Agenda
Kinross Pool / Springwood Pool |
| 9.00 | Presentation
Stretching & Activation |
| 10.00 | Pool session 1
Warm up - Technique Backstroke & Butterfly
[Swimmers Entry Cost – MPS] |
| 12.00 | Lunch
[Catering MPS] |
| 13.00 | Presentation 2
Growth and Development |
| 14.00 | Pool session 2
Technique Breaststroke & Freestyle |
| 15.30 | Close |