



Mountains and Plains Swimming Association Inc

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Secretary: Barbara Weaver

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13th June 2018

Dear Clubs/Swimmer,

I am writing on behalf of Mountain & Plains Swimming to congratulate you on your performances this past season. As a result, swimmers aged 10-16yrs who have not qualified for NSW Country are invited to participate as part of the **2018 MPS Achievers Squad**. This is a great achievement and something of which you can be very proud.

As a MPS Achievement Squad member, you are invited to attend a Development Day for the improvement of your swimming.

The Development Day will be on Sunday 22nd of July at Springwood Aquatic Centre or the Kinross Wolaroi pool. There will be no cost. Pool Entry and Lunch will be provided. Swimmers select one venue to attend on the acceptance form.

During the Development Day, you will take part in a variety of educational opportunities that will help you to advance as an athlete, including; activation, growth and development and technical presentations in all four strokes. You will participate in pool sessions led by quality coaches from across our area.

The main purpose of this Development Day is to assist NSW swimmers with skill development to complement the training they complete at home with their squad coach. It will give you the opportunity to make new friends, work with different coaches and hone your competition skills.

More information regarding the Development Day will follow via email pending your confirmation. Please make sure you check your email regularly.

As a member of the Squad you are also invited to attend **the SNSW Achievers squad meet representing MPS at SOPAC on October 13th 2018.**

On the Acceptance Form please tell us if you are going to participate in the Competition. You must come to the Development Day to join the Team at SOPAC for competition, but competition is optional. There will be no cost for the SOPAC Meet. Swimmers will need to make their own travel/accomodation arrangements.

If you have any questions regarding this please don't hesitate to contact your Development Officer:

Paul Dobson 0408 702 719 or paul.dobson@nsw.swimming.org.au or the Development Convenor: Emilie Miller on 0428 899 137 or via email e.miller.swimming@gmail.com

Kind Regards,

Emilie Miller