



SQ Intra-regional Clinic SQ Junior Development, Bronze & Flippers Squad

Saturday, 9 July	Brisbane (Logan Aquatics)
Sunday, 10 July	Brisbane (Marist Ashgrove)
Saturday, 16 July	Sunshine Coast (USC)
Saturday, 23 July	Bundaberg (Fairymead)
Saturday, 30 July	Townsville (Gardens)
Sunday, 31 July	Rockhampton (Memorial pool)
Saturday, 6 August	Gold Coast (Bond Uni)

Please note:

- Each clinic will cater for a maximum of 50 athletes and will be based on the first 50 people to register and secure their position
- Positions are not based on athlete rankings and are purely a development/recognition for JDS, Bronze and flippers squad members
 - Being a club member in a particular region does not guarantee you a position in that region's clinic
 - You can select **ONE** clinic to attend when you RSVP for your squad position
 - If the preferred clinic in your area is full then you can select another suitable venue with positions available
- Positions will fill up fast and not all squad members will get this opportunity as numbers are limited, but there will be alternate development activities conducted by your regional associations
 - Athletes will be advised of their acceptance after 24 June with additional clinic details provided at that time



SQ Intra-regional Clinic

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9:00am – Swimmers, Parents & Coaches to arrive at pool			
9:15-9:45am	Boys/Girls	9:15-9:45am	Swimmers Parents
Clinic Introduction & Activation	Scott Munro	Parents Information Forum	SQ Coach
10:00-11:30am	Boys	10:00-11:30am	Girls
Pool Session - <i>Efficiency Test</i>	SQ Coach	<i>Land Session - Core connection</i>	Scott Munro
11:45-1:15pm	Girls	11:45-1:15pm	Boys
Pool Session - <i>Efficiency Test</i>	SQ Coach	<i>Land Session - Core connection</i>	Scott Munro
1:15-1:45pm – Lunch (Swimmers & Coaches)			
1:45-2:30pm	Boys/Girls	1:45-2:30pm	Open to all astca Qld coaches
Guest Athlete presentation	Melanie Wright	Coach workshop	SQ Coach
2:45-4:00pm	Boys/Girls	2:45-4:00pm	Open to all gym and S&C coaches
<i>Pool Session - Efficiency Swimming</i>		Dry land presentation	Scott Munro
4:00-4:15pm – Clinic wrap-up/finish			