



RIVER CITY RAPIDS SWIMMING CLUB INC

## River City Swim Club Junior (lane 7) Camp 2012

Monday 9th - Tuesday 10th including Friday 13th January

Start: 8am

Finish ~2:30pm



At this camp the athletes will be learning some very valuable skills as well as being presented a talk on nutrition and tips and hints on how to look after their body. Some skills that will be covered are:

1. Medley Turns
2. U/ water skills
3. Reading the clock and pace setting

Kind Regards  
Dale McKew

Complete the form and return with payment (\$50) to the payment box at the kiosk by Friday 30/12/11

Swimmer Registration Information		
Swimmer's name		
Date of Birth		
Parents Name		
Contact numbers	Home	
	Work	
	Mobile	
Parents Email		



RIVER CITY RAPIDS SWIMMING CLUB INC

## River City Swim Club Junior (lane 5/6) Camp 2012

Wednesday 11th - Thursday 12th including Friday 13th January

Start: 8am

Finish ~2:30pm



At this camp the athletes will be learning some very valuable skills as well as being presented a talk on nutrition and tips and hints on how to look after their body. Some skills that will be covered are:

1. Stroke Counting
2. Racing Skills
3. Swimming Fundamentals and Stroke refinement

Kind Regards

Dale McKew

Complete the form and return with payment (\$50) to the payment box at the kiosk by Friday 30/12/11

Swimmer Registration Information		
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Date of Birth		
Parents Name		
Contact numbers	Home	
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