

Open Water Swimming Clinic

Swimming WA is holding an Open Water Swimming Clinic for our talented Open Water Swimming Members. The clinic will be run by the Swimming Australia Open Water Head Coach Greg Towle, and will consist of a one hour presentation on Open Water skills and preparation followed by a two hour practical session.

When: Thursday the 21st of January between 1pm and 4pm.

Where: Challenge Stadium Champions Club Rooms then Indoor 50m Pool.

Criteria

Swimmers will be selected to take part in the Open Water Swimming Clinic based on performance at the Round Four Open Water Swim Series, 5km race at Leighton Beach on Sunday the 3rd of January.

Swimmers Must:

- Be a member of a Swimming WA affiliated club
- Enter and take part in the Round 4, 5km Open Water Swim
- Be 13-17 years of age on the day of the swim
- Have submitted an 'intent to take part' form as below
- Have their coach take part in the clinic as well

Swimmers will be selected in 5 different age groups. Four swimmers will be selected from each age group, two from each gender. The age groups are as follows: 13 year olds, 14 year olds, 15 year olds, 16 year olds and 17 year olds. The fastest two swimmers for each gender and age group will be selected to take part in the clinic.

Yes, I intent to take part in the Open Water Swimmer's Clinic with my coach:

Swimmer's Name: _____

Swimmer's contact email: _____

Contact Phone Number: _____

Club: _____ Age as at 3rd of January 2010: _____

Coach: _____

Athlete Signature: _____ Coach Signature: _____

Parent/Guardian Signature: _____

Please return this form by Monday December 21st 5pm to:
Swimming WA - PO Box 205, Leederville WA 6903 Fax: 9227 6089
sam@wa.swimming.org.au