

TRANGIE SWIMMER DEVELOPMENT SESSION

Where - Trangie Pool – Goan Street, Trangie

When - Monday January 14

Time - 9am -12.30 Pm

Cost - Free [Normal Pool Entry Fees May Apply]

Who - Swimmers Aged 9-16 That Can Swim 25 Of All Strokes Competently.

Conducted By

Chris Myers

SNSW Regional Club Development Coach



We are very fortunate to have Chris & his team with us in Trangie in January. Chris is an Australian Team Coach and has also been Head Coach of the NSW State Team & Head ETS (Emerging Talent Squad). Chris is a former ascta NSW President and is currently an ascta National and ascta NSW Director. Certainly a day not to be missed.

What the day will look like

9.00 am – 9.30 am	Welcome, Introduction And Activation
9.30 am – 10.30 am	Freestyle And Backstroke Skills And Drills
10.30 am – 11.00 am	Morning Tea [Talk On Getting Ready For My School Carnivals]
11.00 am – 12.00 pm	Butterfly And Breaststroke Drills And Skills
12.00 pm – 12.30 pm	Rap-up

PLACES ARE LIMITED

TO BOOK IN, PLEASE EMAIL trangieswimming@gmail.com or TEXT 0427372747

All enquiries to Adine Hoey – 0427372747

