



Black - Tips Invitational

Saturday 3rd March 2012

Congratulations to the following Swimmers:

Andrew Woo, Emerson Hall, Esther Kim, Gazelem Pauga, Angelique Fassett, Ella Conyngham, Georgia Morris, Jemima Robertson, Jonathan Burnett, Josh Narain, Kalani Skippis, Leah Owen, Mia Barakat, Ryan Kennedy, Sarah Kim, Warwick Thilwind, Zavier Crain, Sebastian Ward, Jarah Gault, Will Hall

You are invited to attend an Invitational Training Camp exclusive to the Black-Tip Sharks

Itinerary for the Camp

5.30am	Arrival at the 50m Grandstand Late arrivals <u>will not</u> be participating
5.35am	Team Briefing
6.00am - 7.15am	Pool Session
7.30am - 8.15am	Video Session
8.15am - 8.45am	Land Session
8.45am - 9.45am	Starts/ Turns/ Finishes IM Turns/ Push offs / Diving
10.00am	Parents collect Swimmers
Coach	Mandy Morgan

The Swimmers will have Breakfast, Snacks and Drinks throughout the Camp, to support their performance and endurance during this Camp, please pack 2 full Drink bottles and healthy snacks / breakfast.

Sweets/Fizzy Drinks/Potato Chips are not suitable.

We ask that no peanut products be packed as some swimmers have severe allergies to these products.

Swimmer Checklist

Parents,

To assist the development of your son/daughter with their Swimming, we would appreciate if you could **get them** to pack their own bag with these items and tick the boxes, this will help them to understand what they need to bring, the importance of each item (they will all be required) and it will also help to give them an appreciation of what you do for them every day!

- Runners
- T-Shirt
- Shorts
- Swimmers
- Towel
- Goggles
- Training Cap
- Sunscreen
- Kit bag
- Snacks x 3 (Healthy snacks only, no peanut products)
- Packed Breakfast
- Full Drink bottles x 2
- All gear is clearly named with permanent marker

Important : Please confirm your attendance with Mandy Morgan by no later than Monday 27th February