

SWIMMING "CAMP" JANUARY 2014

Who is the camp for?

This is for all A Squad swimmers and 475+ Fina Point swimmers from the B Squad

Dates

Monday the 6th January to Saturday 18th January 2014

Session Times

Mornings -

Monday, Wednesday and Friday 5am - 7am

Tuesday, Thursday and Saturday 5am - 8am

Afternoons -

Monday Tuesday Wednesday Thursday Friday 3.40pm to 5.30pm

Dryland sessions -

Monday Wednesday and Friday 2-3pm

Do I have to attend all the sessions?

A1 Squad 10 sessions per week

A2 Squad 8-10 sessions per week

A3 & 475+ Fina - 8 sessions per week

What dryland sessions do I attend?

A1 plus 3 sessions dryland or gym

A2 plus 3 sessions for dryland

A3 plus 1-2 sessions for dryland

Other sessions -

7th and 9th January 2-3pm

- **Simon Middlemass, Mental skills**

14th January 2-3pm

- **Fiona Simpson, Nutrition**

How much does the "camp" cost?

There is no extra cost for 'camp', you will be charged your normal monthly coaching fee for the month of January.

Who do I contact if I have any questions or queries?

Gennadiy

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