

Hi all,

We are pleased to announce that we will be running a 2 day swim camp during the summer holidays for the whole of the development squads. The details are as follows:

- Dates: Tuesday 17th and 18th of August
- Venue: Fairwater Leisure center
- Times: 9am – 5pm
- Lunch: bring your own packed lunch

An example of the day's activities will be as follows:

Time	Tuesday 17th Aug	Wednesday 18th Aug
9.00-9.30	Arrive	Arrive
9.30-10.00	Pre pool and change	Pre pool and change
10.00 - 11.30	swim session	Swim Session
11.30-12.00	change time	change time
12.00-12.30	video analysis of starts and turns	video analysis of starts and turns
12.30-1.30	Lunch	Lunch
1.30-3.00	Football tournament	Dodgeball tournament
3.00-3.30	Break	Break
3.30-4.00	Pre Pool and change	Pre Pool and change
4.00-5.00	Competitive starts and turns	Relays
5.00-5.15	pick up	pick up

The cost of this will be as follows:

- **£55** for 2 days including a Swim Camp T-shirt
- **£35** for 2 days **NO** T-shirt

If you would like to book a place, please can you accept the session within team app ASAP to secure your place and pay either the £55 or £35 into the following account:

ACC NO. 71270532

Sort Code 40-34-10

Those wanting to book the £55 option with the T-shirt will need to confirm and pay funds into the account by the 11th of July and state what size T-shirt (Junior Small, Junior Medium, Junior Large, Junior XL, Adult XS, Adult S, Adult M, Adult L) you require by emailing rbushrod@btinternet.com in order for us to get the T-shirts in time!

Any questions just ask!