Coaches and Swimmers
Open Water Super Clinic

Masters Swimming WA members are invited to register now!

Presenters:

Jon Haines (Perth City) and Elena Nesci (Claremont)

When:	Sunday, 17th September 2017, • Coaches - 12.30pm - 3.30pm • Swimmers - 2.00pm - 3.30pm
Where:	Perth College, Corner of Beaufort Street and Lawley Crescent, Mount Lawley
What:	A clinic for MSWA **coaches and swimmers** to prepare for the OWS season. A 75 minute dryland workshop for coaches will be held from 12.30pm - 1.45pm in the classroom at Perth College. Jon Haines and Elena Nesci will present on all aspects of preparing a Masters squad and its swimmers for the OWS season including: Drills - specific drills for OWS Skills - sighting, turning, drafting etc Training sets - specific features to include in OWS sets Nutrition - info for coaches to relay to their swimmers Race preparedness - top tips for newbies A 1.5 hour pool session for swimmers (and any coaches who wish to swim). All participants will be broken into two groups. There will be two 40-minute modules presented with a 5min changeover period.
Cost:	• Coaches: $33.00 (GST inclusive) – **this includes the swimming component.** • Swimmers: $16.50 (GST inclusive)
RSVP:	Registration forms with payment due by Thursday 7th September, to: • via EFT to BSB # 066 103 / A/c # 1000 4275 (scan Rego form & email at same time) **OR** • post to MSWA, Beatty Park Leisure Centre, 220 Vincent Street, North Perth, 6006

OWS Super Clinic - REGISTRATION FORM

Sunday 17 September 2017

For OWS coaching and swim preparation

Email to info@mswa.asn.au

or

Post to: MSWA, Beatty Park Leisure Centre, 220 Vincent Street, North Perth, 6006

Name:	MSWA Club:
Mobile #:	Email:

Coach:

Practical session: ☐ Swim　　OR　　☐ Observe　　(select one)

$33.00 Payment ☐ Enclosed　　OR　　☐ Paid by EFT　　(select one)

Swimmer:

$16.50 Payment ☐ Enclosed　　OR　　☐ Paid by EFT　　(select one)