

## Regional Pathway Opportunity #1



What: A fun week long training camp for swimmers who have qualified for NZ Juniors and or Town & Country meets

When; July 15<sup>th</sup> – 19<sup>th</sup>

Where; Splash Palace

Cost; \$60 per swimmer

How to register; email [headcoach@swimsouthland.org.nz](mailto:headcoach@swimsouthland.org.nz) to register your child. We have 24 spaces available.

Payment; Please bring your camp fee to the first session of camp and pay to Jeremy.

Gear needed

- Short fins
- Pullbouy
- Drinkbottle
- Goggles
- Togs

Camp Schedule

Day	Time & Focus	Activity
Monday	3.15-5.00pm butterfly & backstroke	
Tuesday	3.15-5.00pm backstroke & breaststroke	Zane Harris, how to stretch & foam roll
Wednesday	3.15-5.00pm breaststroke & freestyle	
Thursday	3.15-5.00pm Medley skills	
Friday	3.15- 5.00pm Race skills	
Sunday		Racing at Wayne Evans#2

About your speaker,

Zane Harris, is a massage therapist operating out of World Health & Fitness in Invercargill. Zane is a High Performance Sport NZ accredited provider and has been part of Cycling NZ and Swimming NZ national teams as part of their support staff.

Any queries about the camp please get in touch with me on 027 494 0852

Jeremy Duncan,  
Swim Southland,  
Head Coach.