

Swimming Southland Gold & Silver Camp



When: 16-20 July 2019

What: An extensive training week to challenge athletes mentally and physically while learning key short course skills to prepare for success at South Island Champs, NZ short course champs

Who for: All Southland swimmers who have qualified for Nags and or Division 2 or by invite

Where: Splash Palace, Invercargill

Cost: \$60.00 payable at your first session on Monday morning.

Timetable:

Monday

Swim 5.20-7.30am

Flexibility 7.30-7.45

Camp Briefing 4.30 pm

Swim 4.45-7.00pm

Tuesday

Swim 5.20-7.30am

7.45-8.45am Rolling/Hot cold session with Zane
bring a snack for post training

Swim 4.45-7.00pm

Wednesday

3.30 -4.30pm Kick boxing

Swim 4.45-7.00pm

Thursday

Swim 5.20-7.30am

Flexibility 7.30 – 7.45

Activity – time & venue to be confirmed

Swim 4.45-7.00pm

Friday

Swim 5.20-7.30am

Flexibility 7.30-7.45

Swim 4.45-7.00pm

Saturday

Swim 5.45-8.00am

8.00am – 8.20am camp debrief & key learnings

8.30 am Team Breakfast at Liquid Café Splash Palace 8.15am (bring \$15.00)

Sunday

Race at Wayne Evans #2

Email: headcoach@swimsouthland.org.nz to register