

Swimming Southland School Holiday Racing Skills Clinic & Meet

*Kick start the New Year by attending a Skills Session,
followed by a fun Chocolate Fish Swim Meet*

Who - Anyone who is not yet swimming competitively and is keen to give racing a go

Where - Splash Palace, Invercargill

When - Thursday January 13th 2022

Timetable

- **8.45am -10.00am** - Skill session concentrating on dives, starts, turns and finishes and then a short talk on what to expect with the meet
- **10.00am – 10.25am** - Short Break
- **10.30am – 12.30** - Chocolate Fish Swim Meet. 25m & 50m races. Every swimmer will receive a chocolate fish after each race. This is a great chance to try racing and put into practice the skills learnt earlier in the day.

What to Bring - Swimming cap, togs, goggles, towel, a named water bottle & a small snack

What to Wear - We recommend snug fitting togs and advise against rash tops and board shorts as they can hinder swimming progress.

Food - We do not recommend eating within 30 minutes of entering the pool to reduce risk of tummy cramps and upsets.

Cost - \$15.00per person (cash on the day)

Parents will be required to pay and sign in their children between 8.30am and 8.45am. (Details on where this will be done will be confirmed by email on Monday January 10th)

Questions - please email our Development Officer at Development@swimsouthland.org.nz

To register – fill out our google [document](#) by Monday Jan 10th. A link to this can found on the home page of the Swimming Southland website (<https://www.swimsouthland.org.nz>)

Covid – This clinic will subject to all COVID-19 restrictions in place at the time.

