

PARA SWIMMING CAMP

**4th MAY
&
23rd NOVEMBER**

**ST PETER'S SCHOOL
CAMBRIDGE**

Swimmers will be expected to be able to confidently swim multiple laps of a 25m pool

DRAFT PROGRAM

- » Introduction
Meeting the Team
- » Dryland Session
- » Pool session
60-90 minutes
- » Lunch BYO
- » Guest Speaker
- » Discussions
Moving Forward
- » Debrief

We would like to encourage as many Para swimmers or potential Para swimmers to attend as possible, so please make sure to spread the word!

CAMP COACHES

- » Swimming Waikato Hub Head Coach
Darren Ward
- » UAS / Te Arawa Coach
Henk Greupink
- » National Para Swimming Development Coordinator
Cameron Leslie
- » And more to be confirmed...



UAS
UNITED AQUATIC SPORTS

For more information or to book visit:
www.swimmingwaikato.co.nz
or contact our Hub Head Coach
darren@swimmingwaikato.co.nz