

2010 Summer Holiday Training

WHO???

Training for swimmers in bronze, silver and gold squads will end on Friday 18 December.

However, children in those squads who have qualified for Wellington LC Champs or who are attending Manawatu summer champs are invited to join the national squad swimmers to train through the holidays. The coaches may also accept other swimmers who have indicated they will train seriously or may invite others to join in training sessions.

All national squad swimmers are expected to continue training through the holidays. As a courtesy, swimmers should let Jim know if they will be away during that time.

WHERE AND WHEN???

Afternoon training:

Mon/Tues/Thurs/Friday	4.30-5pm dry land at clubrooms, 5.30-7pm in Raumati pool
Wednesday only	5-7pm at Otaki pool (no dry land)

Morning training: (national squad swimmers only)

Monday-Friday	6-7.30am at Waikanae pool
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There is no training on Christmas Day, Boxing Day, New Year's Day, January 2nd, and Wellington Anniversary Jan 25th. Please regularly check the website www.raumatiswimming.co.nz over the holidays for any changes to the above schedule.

HOW MUCH???

If you pay per term, the cost of summer training will be \$100 (incl GST) and covers the period December 21 - January 29. You need to email Yvonne Mansell at secretary@raumatiswimming.co.nz by the end of this week if you want to secure a place in the summer training programme.

National squad swimmers do not need to reply as you are expected to train and will be invoiced for the months of December and January at the usual rate.