



Wilston Crocs Super Spring Camp

Looking for something for the kids to do over the September School Holidays?

Wilston Swim Club is again holding their very popular Super Spring Camp.

This camp is a great opportunity for all squad swimmers to make big improvements to their skills and technique ready for the new summer season.

This year we have one of the top sports physiotherapists from Red Hill Physiotherapy coming in to do a presentation and workshop clinic on practical ways each swimmer can improve and maintain all aspects of good physical health from stretching to muscle control and posture.

Also we have Brisbane Company "Totally Technique" coming in to take underwater footage of each swimmer. Swimmers will be filmed in each stroke as well as turns and a dive. The footage of each swimmer will be saved to a USB flash drive (supplied by the swimmer) to take home. During the week the footage will be analysed and swimmers offered feedback in a one on one session with head coach Anthony McLeod.

Morning tea is provided each day and swimmers will also receive a goody bag to take home.

Date: Week 1 September Holidays Monday 20th to Friday 25th September.

Time: 8.30 – 12.00

Price: Just \$125 for the week all inclusive.

Swimmers must be able to competently swim a minimum of 50m in all strokes and a 100m IM to sign up for this camp. Places are limited and always fill quickly. For more information please see Judy in the office or email on info@wilstonswim.org.au

