

PB TERM 2012



SWIM & SURVIVAL ACADEMY
The Learn to Swim and Survival Professionals

Throughout Term 1 2012, we will focus all our squad swimmers on achieving personal best times over 50m in each stroke.

Throughout the term, all swimmers will be tested on their sprinting ability. They will then be given guidance from their coach on how to improve their stroke- not only to improve their time, but to enhance their efficiency and build solid foundations for a stronger stroke in the future.

The pinnacle of Term 1, is our annual PB Carnival. Held at the Eureka Pool, where all swimmers are given the opportunity to swim in an Olympic size 50m pool. The aim is for the swimmers to beat their Personal Best times (PB's) that they have set previously. All swimmers who achieve a new PB will receive a ribbon, while all swimmers will receive a PB certificate with their achievements recorded on them at the end of the term.

PB Day is on Saturday March 17th 2012, at the Eureka Swimming Pool, starting at 2pm. At the conclusion of the day we will run a free BBQ for the kids.
See you there

SSA coaching team

ps if the weather is poor, please look at our facebook page (Swim & Survival Academy) for any news updates.

PB ENTRY FORM

Name: _____

Date of Birth: _____

Squad Day & Time: _____

Coach: _____

Families email address: _____

Please circle the events you would like to enter (*as many as possible would be great- as YOU will get more points for your team!!!*):

Butterfly 50m

Backstroke 50m

Breaststroke 50m

Freestyle 50m

Cost is \$15 per competitor

Swimmers will need to bring: Squad Team T-shirt (the red one), Squad Cap, bathers, towel, sunscreen, sun protective clothing, drink bottle and something in their team colours.

**ENTRIES MUST BE SUBMITTED BY MARCH 10TH TO RECEPTION.
NO LATE ENTRIES WILL BE ACCEPTED- ENTRIES WILL ONLY BE ACCEPTED WITH PAYMENT.
P.S- DON'T FORGET THE CAMERA!!**

PR TERM 2012



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