

PB TERM 2011



SWIM & SURVIVAL ACADEMY
The Learn to Swim and Survival Professionals

Throughout Term 1 2011, 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, all swimmers are given the chance to race against swimmers with similar times across 50m. The aim is to beat all their Personal Bests that they have set previously. All PB's will receive a ribbon, while all swimmers receive a PB certificate with their achievements recorded on them at the end of the term.

PB Day is on Saturday March 19th 2011, at the Eureka Swimming Pool, starting at 1pm.

SSA coaching team

PB ENTRY FORM

Name: _____ Date of Birth: _____

Squad session: _____ 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 team colours if they wish too.

ENTRIES MUST BE SUBMITTED BY MARCH 11TH TO RECEPTION.

NO LATE ENTRIES WILL BE ACCEPTED- ENTRIES WILL ONLY BE ACCEPTED WITH PAYMENT.

P.S- DON'T FORGET THE CAMERA!!

