



WODONGA AMATEUR SWIMMING CLUB & VICENTRE

Presenting a swim clinic like no other

9 & 10 February 2019 at WAVES Wodonga

\$50 per swimmer

TRAIN WITH MACK HORTON

Saturday

4 pm registrations and evening talk / Q&A session with Craig Jackson, Head Coach Vicentre National Swim Squad including meet & greet with Vicentre Athletes - public forum

BBQ Dinner - free to clinic participants

Sunday Clinic participants only

7.30 am Breakfast - Bacon & egg rolls.

Exclusive access to the VICENTRE SQUAD *including Mack Horton, Daniel Cave, Theodore Benehoutsos, Jordan Merrilees, Benno Negri, Koti Ngawati & Sian Whittaker.*

9 am – 10 am Swim clinic Freestyle

10 am – 11 am Form stroke (Butterfly, Backstroke or Breaststroke)

11 am – 11.30 am – Relays / games for participants / coach talk with Craig

11.30 – Clinic concludes

Entries online via wodonga.swimming.org.au

Or at: <https://connect.swimming.org.au/sal-wrap-public/workflows/MEMBER.EVENT.DETAIL&dbWorkflowKey=020180>