

O&M Development Squad

2012/2013 Season

7 – 10 Development Squad

Aim

Focus on skills with emphasis on correct stroke development

Criteria

- Swimmers aged 7 – 10 years (as at 1/5/12)
- Swimmers must be registered with the Ovens & Murray
- Swimmers must have a time of under 1 minute* for 50 freestyle and be able to swim 2 other strokes competently

*Note: Swimmers who do have an official time from a Swim Meet are permitted to use a training time signed off by a Club Official or Coach

Sessions

- There will be 10 sessions held every fortnight at GT Aquatics
- Each session will be 2 hours in duration
- Sessions will be taken by an O&M Coach

Cost

\$60 which includes pool entry

Registration

Registration information will be available on the website after 1/5/12

11/Over Development Squad

Aim

Focus on skills with emphasis on correct stroke development

Criteria

- Swimmers aged 11 and over (as at 1/5/12)
- Swimmers must be registered with the Ovens & Murray
- Swimmers must have a time of under 50 seconds for 50 freestyle and be able to swim 2 other strokes competently

*Note: Swimmers who do have an official time from a Swim Meet are permitted to use a training time signed off by a Club Official or Coach

Sessions

- There will be 10 sessions held every fortnight at GT Aquatics
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Cost

\$60 which includes pool entry

Registration

Registration information will be available on the website after 1/5/12

If you have enquires, please contact:

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