

Postal Address:  
Post Office Box 1152  
WODONGA VIC 3690  
President: Anthony Foley  
Secretary: Sue Robey  
Ph: 0409 111 958

ABN: 94 762 042 923

Ovens and Murray Swimming Association

Visit our website: [www.oandmdistrictswimming.org.au](http://www.oandmdistrictswimming.org.au)

# O&M 7 – 10 Development Squad 2011/2012 Season

## *Key Aims:*

- Focus on skills with emphasis on correct stroke development
- Challenge swimmers in preparation for competition

## *Selection Criteria:*

- Open to swimmers aged 7 – 10 years old as at 12/11/11
- 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\*
- Cost is \$50 per swimmer

\*Note: Swimmers who have not competed at any Swim Meet previously and who wish to participate in the Development Squad can enter either the Wodonga or Wangaratta SC Meet to achieve the qualifying time.

The registration form along with the \$50 cheque made out to O&M District Swimming will need to be sent to:

Tap-Ky Duong  
O&M Development Officer  
PO Box 1078  
Lavington NSW 2641

Swimmers will be contacted confirming their position in the Development Squad once the registration form and cheque have been received.

For more information, please contact Tap-Ky Duong on:

Email: [gtaquatics1@yahoo.com.au](mailto:gtaquatics1@yahoo.com.au)

Mobile: 0414 729 228

## *Development Squad Calendar*

Date	Day	Time	Venue	Program
23/7/11	Sat	2:00pm – 4:00pm	GT Aquatics	Free & Back
6/8/11	Sat	2:00pm – 4:00pm	GT Aquatics	Breast & Fly
20/8/11	Sat	2:00pm – 4:00pm	GT Aquatics	Starts, Turns & Finishes
3/9/11	Sat	2:00pm – 4:00pm	GT Aquatics	Free & Back
17/9/11	Sat	2:00pm – 4:00pm	GT Aquatics	Breast & Fly
1/10/11	Sat	2:00pm – 4:00pm	Albury	Starts, Turns & Finishes
15/10/11	Sat	2:00pm – 4:00pm	Albury	Free & Back
29/10/11	Sat	2:00pm – 4:00pm	Albury	Breast & Fly

## *Winter Swim Meet Calendar*

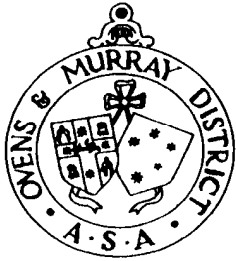
26/6/11	Sun	9:30am	Wodonga SC	Wodonga
17/7/11	Sun	10:00am	Wangaratta SC	Wangaratta
31/7/11	Sun	9:30am	O&M District SC Champs	Wangaratta
27/8/11	Sat	12:00pm	Novice Meet	GT Aquatics
23/10/11	Sun	11:30am	Albury LC	Albury

## *7 – 10 Encouragement Representative Team*

Swimmers in the 7 – 10 Development Squad will be considered for the Rep Team for the 7 – 10 Encouragement Meet on 12/11/11 in Melbourne. The team will be selected based on times from any Qualifying Meet, O&M Swim Meet or Development Squad Time Trial. Times must be swum from 1/10/10. Swimmers not in the 7 – 10 Development Squad who wish to be considered for the Rep Team must submit an O&M Rep Team Selection Form by 4:00pm 10/10/11 to:

Tap-Ky Duong  
O&M Selector  
PO Box 1078  
Lavington NSW 2641

The Rep Team will be announced at the training session at Albury Swim Centre on 15/10/11. The Team will also be posted on the O&M website.



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*7 – 10 Development Squad Registration Form*

Name: \_\_\_\_\_

Gender: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone (BH): \_\_\_\_\_ Phone (AH): \_\_\_\_\_

Email Address: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

If Yes, please provide details of medication and treatment:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physical Conditions: \_\_\_\_\_

If Yes, please provide details of any restriction on activities:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please list the Swim Meet where the qualifying time was achieved:

Name of Meet: \_\_\_\_\_ Date of Meet: \_\_\_\_\_ Time: \_\_\_\_\_

Please send registration form and cheque to:

Tap-Ky Duong  
O&M Development Officer  
PO Box 1078  
Lavington NSW 2641