

SWIMMING WAIKATO DEVELOPMENT CAMP

WITH

DEAN KENT



New Zealand 3 times Olympian

Sydney, Athens, Beijing



200m IM

Cost:
12yrs/under \$10
12yrs/over \$20
Payment details on registration form

Individual Medley specialist

**World 14th
Commonwealth 2nd**

Camp Objectives:

- To increase the skill / technique level of Waikato swimmers through the techniques and personal knowledge of a NZ Olympian and experienced international swimmer
- To focus on swimmers under 650 FINA points - a starting point and a new vision of the sport
- Provide coaching development – get ideas for your programme.

Swimmers eligible:

- All swimmers 10yrs and over (who have not yet achieved 650 FINA Points)

Coaching:

Coach Co-ordinator: Tom Fronek (St Peter's Swimming Academy)

Coaches: TBA

Venue: Brock Pool, St Peter's School
State Highway 1, 1716 Cambridge Rd, Cambridge

Date: Tuesday January 19th 2010

Start: 8.00am All swimmers

Finish: 3.30pm 12yrs / U
5.30pm 13yrs / O

Programme:

Swimming: Skill / Technique / Drill's / Training objectives /
Land: Stretches (Swimming specific) / Strength (Swimming specific)
Science: Stroke Video / Stroke analysing /
Speakers: Michelle Hyland -- Food / Hydration (at and off competition)
Dean Kent / Michelle Hyland -- International competition

WHAT TO BRING?

**Lunch, drinks, swimming equipment, change of clothes , shoes,
Down time tools. -- I pod, games....., Waikato Swimming Medical
Form**

For information and
registration form please
contact :

Tom Fronek:

tomasf@stpeters.school.nz

Ph: 07 8279899 / 491