



SATURDAY 17TH JULY 2010
Rotorua Aquatic Centre

Time: 1.30pm - 3.30pm

AN OPPORTUNITY FOR ALL JUNIOR
SWIMMERS TO BE PART OF A
COACHING CLINIC WITH OLYMPIC
SWIMMER DANIEL BELL AND
WORLD CHAMPIONSHIP SWIMMER
KANE RADFORD.

CALLING ALL 12/U SWIMMERS

Registration is limited for more attention to each
participant. **REGISTER NOW**—\$15.00 per swimmer
radford@wave.co.nz or ph 07 3480092

**COME AND HAVE FUN, SHARE THE PASSION , AND
SWIM WITH THE CHAMPIONS**



Learn the value of goal setting

Question and answer sessions

Tips for stellar strokes

Tips for turns and finishes

Learn the ins and outs of freestyle and backstroke

Discover tips on perfecting your swim trainings