



FREESTYLE & BACKSTROKE CLINIC



ST PETER'S
CAMBRIDGE

Swim Camp with Cameron Gibson Fastest man over 100m Free in NZ

- 2004 /2008 Olympic Games
- 3rd at 2006 Commonwealth Games
- 2005 & 2007 World Championships



**Cameron will share his talent and experience
over his time as a swimmer.**

Day 1: 9 October 2010 - Swimmers 12 yrs and under

Day 2: 10 October 2010 - Swimmers 13 yrs and over

Venue

St Peter's, Cambridge, Brock Pool

Program

Stroke analysing, Video, talk, land work and games,

am: Stroke work, video, drill's demonstration

break: Land work, talk, games

pm: Skill - turns, starts, finishes

Cost

12yrs and under \$15 for all day

13yrs and over \$20 for all day

Some snacks and drinks will be provided.

What to Bring

Togs (2 pairs), goggles, swim cap, drink bottle, swimming equipment,
towels, warm clothes, shoes, lunch

Club Coaches are also welcome to attend.

For bookings and more information please contact:

Stu Woods

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