



SWIM NOVA SCOTIA
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MEMO

To: 11-12 Swim Nova Scotia athletes
From: Bette El-Hawary, Executive Director, Swim Nova Scotia
Date: November 7, 2005
Re: 11-12 Skills Camp, November 20th, 2005

Gary MacDonald will be running the 11-12 skills camp on Nov 20th. Information & schedule are below.

Who: All 11-12 year old swimmers are invited. Personal coaches are welcome to come & help Gary out.

What: Freestyle skills camp

When: 8:45am-1:00pm, Sunday Nov 20th

Where: Centennial Pool, Halifax

Cost: \$15 (cheque payable to Swim NS) pay Gary at the clinic.

Schedule:

8:45am meet & greet

9-10:30- Pool Session (freestyle skills & drills)

10:30-11:30- Video Presentation

11:30-noon- Snack Break (please bring own)

noon-1pm- Starts & Turns session

RSVP:

To gary.macdonald@csc.org by November 17th.