

O&M 2 Day Swim Clinic

Swim Clinic Dates	6 th October 2018, 11am – 6pm 7 th October 2018, 9am – 4pm
Swim Clinic Venue	GT Aquatics, 345 Wagga Rd Lavington NSW 2641
Head Coach	Les Barclay from Swimming ACT
Criteria	Swimmers must be able to swim 50M in each of the 4 strokes Swimmers must be able to swim faster than 50 seconds for 50M Freestyle
Swim Clinic Cost	\$20 for O&M or SISA Registered Swimmers \$40 for non O&M or SISA Registered Swimmers

Clinic includes:

- Swim Sessions covering each of the 4 strokes
- Technical Skills (Starts, Turns, Finishes and Underwater)
- Dry Land Training
- Technical Skills Presentation on each of the 4 strokes

Note: This clinic does not include accommodation nor food



Postal Address:
Post Office Box 1152
WODONGA VIC 3690
President: Brendon Shiels
Secretary: Graeme Butt
secretary@omdsa.org.au
ABN: 94 762 042 923

O&M Registration Form

Name: _____

Swimming Club: _____

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:



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O&M Payment Form

Name: _____

Swimming Club: _____

Particulars	\$ Amount
O&M or SISA Registered Swimmers (\$20)	
Non O&M or SISA Registered Swimmers (\$40)	
Total	

Payment Method: EFT Cheque

EFT Payments:

Account Name: Ovens & Murray District Swimming Association

BSB: 640 000

Account No: 111 112 019

Reference: Swimmer and Club Name

Please email rego and payment forms to: gtaquatics1@yahoo.com.au

Cheque Payments:

Cheques made payable to "Ovens & Murray District Swimming Association"

Send rego and payment forms and cheque to:

O&M Development Officer

PO Box 1078

Lavington NSW 2641