

## Solo and Duo Rottnest Channel Swim Team 2012

Ensure your health is appropriate for squad participation and tell your coach of any illness or injury that could affect you or your swimming.

**COACH** – Shelley Taylor Smith, World Marathon Swimming Champion.

**TRAINING TIMES** – Tuesday and Thursday nights 7-8pm\* @ CCGS, and Saturday mornings 5.30-7.30am @Claremont Pool

(\*Sessions will be 2 hour sessions in December and January and the sessions between Dec 27<sup>th</sup> and Jan 31<sup>st</sup> are OYO (on your own))

**17 WEEK PROGRAM- 3<sup>rd</sup> Nov, 2011 to Saturday 25<sup>th</sup> Feb, 2012**

**FEES-** \$699 (\$675 Discount for CCGS OBA & parents of current CCGS students)

**Spaces are limited and the fees include all the sessions plus:**

- Rottnest Channel Swim Team Shirt & Silicone Cap
- FINIS Tempo Trainer (Valued at \$50) & FINIS mesh gear bag
- Pure Sport Drink Samples and Water Bottle
- Team Open Water Swims every Sunday
- 3 x 3+ hour Bonus sessions with Shelley – pre-race peaking!
- How to Prepare your mind and Body for the Rottnest Channel Swim on Saturday 26<sup>th</sup> November 8.30-10.30am at Claremont Pool

### Swimmer's Details

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Shirt size:** \_\_\_\_\_ (XS to XXL)

**Payment** - \$700 (\$675) **works out to be less than \$42 a week**

Credit Card

VISA \_\_\_ Master Card \_\_\_

**Name:** \_\_\_\_\_

**Card #:** \_\_\_ / \_\_\_ / \_\_\_ / \_\_\_

**Exp. Date:** \_\_\_ / \_\_\_ **Signature:** \_\_\_\_\_

Check out the new Rotto Squad page on the web-  
[www.kirbyswim.com.au/rottnestsquad.asp](http://www.kirbyswim.com.au/rottnestsquad.asp)

KirbySwim - PO BOX 193 Claremont WA 6910 Ph: 9442 1617 fax: 9442 1683

Cheques made payable to: KirbySwim

Eftpos facilities available in the office, as well as all your equipment needs!