

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

TEAMS SQUAD- Although not all members of this group are planning to swim the Channel on Feb 25th 2012, the sessions are planned with that day in mind. Focus is on fitness, speed and technique and the sessions will be planned to challenge and push you in a fun and friendly environment. Coached by Bill Kirby (Olympic Champion and Multiple Rotto Crossing Teams Winner) and Chris Twomey (Head Coach of Kirby Swim, Westside CCA and Iona Swim Team & WA ASCTA president). Swimmers can expect advice on technique, injury prevention, nutrition tips, "Race Day" tips and advice as well as kept up to date on the Open Water Swimming Calendar.

Start Week: Monday 31st October, 2011

Finish Date: Saturday 25th February, 2012 (race day)

FEES- TEAMS \$340 (*\$315)

(*discount for CCGS OBA and parents of current CCGS students)

FEES are due 1st November 2011 and include this year's exclusive Kirby Swim Rotto Team Shirt and Swim Cap and Pure Sport Hydration Samples and drink bottle.

Swimmer's Details

Name: _____

Email: _____

Phone: _____ **Shirt size:** _____ (XS to XXL)

Payment - \$340 (\$315 *CCGS Family)

Credit Card: VISA ___ Master Card ___

Name: _____

Card #: ___ / ___ / ___ / ___

Exp. Date: ___ / ___ **Signature:** _____

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

Cheques can be made payable to: KirbySwim

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

ALL SWIMMERS ARE REQUIRED TO HAVE-
Flippers, Pull Buoys and a Drink Bottle as well as an appropriate level of fitness for this type of training, Swimmers over 35yrs should to attain medical advice.