

CQ Emerging Squad Camp Update  
11/08/09

Firstly, thank you to the swimmers who have returned their emerging squad application forms. These need to be updated every season. I have 10 of the 25 swimmers who have previously been in the squad and would appreciate forms returned as soon as possible.

Please forward to CQ swimming at PO Box 3108  
North Rockhampton Q 4701  
Phone/fax: 07 49267686  
[info@cqswim.org.au](mailto:info@cqswim.org.au)

**Details of the emerging squad camp are as follows:**

Venue: The Rockhampton Grammar School

Dates: Tuesday 22, Wednesday 23 and Thursday 24 September.

Proposed activities include: Individual swimmer video taping  
Motivational speaker  
Sports dietician  
Water aerobic session  
Pool Training sessions  
A JX clinic will be incorporated on Wednesday 23<sup>rd</sup> Sep – SQ to provide coach

To enable activities to be confirmed, all ES swimmers are requested to advise if they will be attending the camp asap. Then, an itinerary can be produced once attendance numbers are known.

Since the success of this CQ activity is very dependant upon the availability of coaches and managers, clubs with swimmers attending are requested to advise the names of personal that can provide assistance during the camp.

Additionally, any other CQ coaches [without swimmers involved in the camp] who wish to attend all or any part of the camp should contact me so I can make necessary catering arrangements.

Your assistance is appreciated.

Jodie Hiron

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