

SURREY PARK CLUB NIGHTS

TERM 1

Come and join us for an evening of race practice and have a little bit of fun along the way.

We will be hosting a series of 3 club nights in term 1 throughout February and March leading up to the Victorian Long Course Championships and the Victorian Metro All Junior Competition later in March.

Week 1: Friday 17th February

Week 2: Friday 3rd March

Week 3: Friday 31st March

Warm up will be from: 4:30-5:00

Racing will be from 5:00-6:30 at

Aqualink Box Hill outdoor pool



PLEASE BRING WITH YOU, BATHERS, GOGGLES
TOWEL AND A CHAIR TO SIT ON. THERE WILL BE
A POOL ENTRY FEE FOR ALL PARTICIPANTS

What is club night?

The Surrey Park Swim club is inviting all swimmers from level 7 to State Development to come and participate in a small race meet program. We encourage all squad swimmers to participate and practise racing in a less stressful and fun environment.

Club nights will have races that all swimmers can participate in. They can choose however many events they would like to try! It will also give them a chance to practise events they may not regularly compete in. You can attend all three of the club nights or just one. It is an excellent chance for swimmers to practice their skills and learn some new ones as well.

Events

EVENT 1 50 FREESTYLE

EVENT 2 50M BACKSTROKE

EVENT 3 50M BREASTSTROKE

EVENT 4 50M BUTTERFLY

**EVENT 5 25M BUTTERFLY
(LEVEL 7-DEVELOPMENT SQUAD OPTION)**

EVENT 5 100M IM

FOR ANY INFORMATION REGARDING THE CLUB NIGHT, PLEASE EMAIL
Matt Burns (MATT@SURREYPARK.ORG.AU)

THE SURREY PARK SWIMMING CLUB IS OPEN TO ALL SWIMMERS WHO
ARE INTERESTED IN COMPETING. THERE IS NO NEED TO BOOK, JUST
SHOW UP.

