



22ND AND 23RD OCTOBER 2018 RUSHMOOR NETWORK SYNCHRO CAMP

Come and join us for a fun-filled camp which will provide swimmers with extra figure/grade training, new practices, new land exercise sets, routine skills and much more! As well as training and obtaining new knowledge the swimmers will have an opportunity to get to know swimmers from neighboring clubs and work with different coaches and instructors.

**Grade and figure
practice**

Routine skills

Flexibility

**Strength and
conditioning**

**Making new
friendships**

Venue:

Lords Wandsworth College
Long Sutton
Hook
RG29 1TB

Provisional times:

22nd October 9.30am –
5.30pm

23rd October 10am – 5.30pm