

# PB TERM 2019



**SWIM & SURVIVAL ACADEMY**  
The Learn to Swim and Survival Professionals

During Term 1 2019, we will focus all our squad swimmers on achieving personal best times over 50m in each stroke.

Throughout the term, all swimmers will be tested on their sprinting ability. They will then be given guidance from their coach on how to improve their stroke– not only to improve their time, but to enhance their efficiency and build solid foundations for a stronger stroke in the future.

The pinnacle of Term 1, is our annual PB Carnival. The event will be held at the Eureka Pool, where all the swimmers are given the opportunity to swim in an Olympic size 50m pool. The aim is for the swimmers to beat their personal best times (PB's) that they have set previously. This meet is a personal development event rather than a “race” event. As such it is a great introduction for junior swimmers to competition swimming. All the swimmers who achieve a new PB will receive a ribbon, while they will all earn points towards their swim teams tally.

PB Day is on Saturday March 31st 2019, at the Eureka Swimming Pool, starting at 12:30pm. At the conclusion of the day we will run a free sausage sizzle for the kids.

See you there.

**SSA Coaching Team.**

*P.S. if the weather is poor, we will put something on our Facebook page before 9.30am on the day to indicate if the event is still being run at the Eureka pool. Please make sure that the reception team have your current mobile number for in case we need to contact you.*

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## PB ENTRY FORM

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

Date of Birth: \_\_\_\_\_

Squad day and time: \_\_\_\_\_

Coach: \_\_\_\_\_

Please circle the events you would like to enter (as many as possible would be great – as YOU will get more points for your team!!) :

Butterfly 50m

Backstroke 50m

Breaststroke 50m

Freestyle 50m

**Cost is \$20 per competitor**

Swimmers will need to bring: Squad Team T-shirt (the red one), Squad Cap, bathers, towel, sunscreen, sun protective clothing, drink bottle and dress up in clothes to suit your team colours and theme.

**ENTRIES MUST BE SUBMITTED BY MARCH 23rd TO RECEPTION.**

\* No late entries will be accepted \* Entries will only be accepted with full payment.

P.S. – Don't forget the camera!!!

