



2024 Darling Downs Regional Swimming Association 12 years & under JX DEVELOPMENT CLINIC

Congratulations on qualifying as a 2023-2024 JX 12 years & under Swimmer!

The Darling Downs Regional Swimming Association (DDRSA) acknowledges that you are a key part of our Future Swimming Development.

The DDRSA has put together an excellent JX Program for 2024. This specific clinic program recognises your talent and provides you with opportunities to learn and become a better swimmer at no financial cost to yourself.

We would, however, encourage you to take part in the afternoon 'Time and Technique Meet' hosted by Fairholme, which will also involve a Technical Component to the competition to assist you to have a greater awareness of the importance of developing your Swimming Technical Skills in preparation for your future development. There will, however, be a small cost to participate in this competition.

FAIRHOLME COLLEGE POOL SUNDAY 27th October 2024

This program is an integral component for the future development of swimming on the Darling Downs. Below is an outline of the activities involving parents, officials, swimmers and coaches.

08:30 – 09:00	Sign In
09:00 – 09:15	General Introduction & Welcome
09:30 – 10:45	Group 1: Pool Session on Technique Group 2: Presentation on Technique plus Athletic Development on Land Parent discussion – Becoming a Technical Official
10:45 – 12:00	Group 1: Presentation on Technique plus Athletic Development on Land Group 2: Pool Session on Technique
<i>Please note that the athletes will be split into two groups so that they receive more individual attention. This will mean that one group will in the gym and one group in the pool and then visa versa.</i>	
12:00 – 12:30	Completion of clinic and Lunch break – departure of swimmers not competing in Time and Technique meet
12:30 – 13:00	Individual Swimmer Race Preparation for the 'Time & Technique Meet.'
13:00 – 16:00	Time & Technique meet

If you are attending the JX clinic, please email participant information to the DDRSA Secretary email, ddrsasecretary@gmail.com

- Name of swimmer
- Club
- Age
- JX level

Registrations close Monday 21st October, 2024.

For further information please contact Shannon Armbruster DDRSA Secretary Ph 0418268086