



EASTERN CAPE AQUATICS

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From: Conference Co-ordinator

To: Affiliate Presidents
Affiliate Secretaries
Education & Training Administrators
All Clubs, Teachers & Coaches

Swimming South Africa 2015 Teachers and Coaches Conference

Eastern Cape Aquatics, in association with Swimming South Africa, Nedbank Madibaz Swimming Club and Eastern Cape Academy of Sport will be hosting a teachers and coaches conference to be held in Port Elizabeth at NMMU from 1 – 3 May 2015.

Our theme: Coach the Team, Teach the Individual

We are proud to announce that Pierre Du Roubaix from Stellenbosch University will be one of our guest speakers. He will be speaking on “Distance Freestyle”, “Developmental phases to produce a pathway for young swimmers in our sport” and “Swimming competitively after school”. Moira Norden will be presenting a talk and practical session on the importance of sculling, breath control and core strength. We have invited guest speakers from Holland presenting the ‘Dutch Way’; as soon as their details are confirmed we will give you more information

The conference is jam packed with practical and theoretical sessions. Attached is a document containing a preview some of the speakers and their topics as well as our banking details and conference booking form.

Tsogo Sun has agreed to a fantastic discounted rate and we would appreciate all delegates supporting them. The cost is R753 per ROOM on a bed and breakfast basis, which works out to R377 per person sharing. Please contact Yolande Rheeder directly to make your booking using “Swimming Conference” in your subject line. Yolande can be contacted on Yolande.rheeder@tsogosun.com.

The Conference Early Bird booking special will be R850 per person until 15 March 2015, thereafter it will be R1 100. This will include your conference pack, goodie bag, lunch on all 3 days as well as teas. All conference presentations will be available on memory sticks for each delegate.

Yours sincerely

Lerryn Mew
Conference Co-ordinator

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