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FROM: Chief Executive Officer
TO: SSA Executive Members
SSA Provincial Presidents
SSA Provincial Secretaries

24 November 2017

SSA National Squad Open Water Training Camp & Competition White River 11 – 14 January 2018

Dear Provincial Presidents / Secretaries

Please find and circulate information regarding squad members selected to participate in the SA National Open Water training camp and competition.

Swimming South Africa Open Water Training Camp

Swimming South Africa is proud to host a National training camp and Open Water competition in Nelspruit, Mpumalanga from the 11th January 2018 until the 14th January 2018 for selected National Open Water squad members and invitees. This camp is to give the opportunity to our Open Water swimmers to qualify in the 5km, 7,5km and 10km for Senior Nationals. We recognize that many provinces have not been able to host these events, and we don't want to compromise any of our swimmers.

With the 2018 FINA World Junior Open Water Swimming Championships being held during the European summer of 2018, at a venue yet to be confirmed, the camp presents an ideal opportunity for those athletes with Team SA aspirations to gain experience racing in a competitive environment as part of their preparation.

List of invited swimmers for SSA National Open Water Camp

- **Location:** Nelspruit Area, Mpumalanga
- **Camp Dates:** 11th January 2018 – 14th January 2017

Name	Surname	Affiliate	Event 1	Event 2	Coach
Michelle	Weber	WC	10km	5km	TBC
Robyn	Kinghorn	KZNA	10km	5km	Alisdair Hatfield
Sasha Lee	Nordengen	KZNA	10km	5km	Graham Hill
Abi	Meder	WC	10km	5km	Bianca Marais
Amica	De Jager	EC	10km	5km	Hayden Holmes
Charlise	Oberholzer	KZNA	10km	5km	Graham Hill
Chad	Ho	KZNA	10km	5km	Alisdair Hatfield
Danie	Marais	WC	10km	5km	TBC
Nico	Manoussakis	WC	10km	5km	TBC
Andrew	Ritchie	WC	10km	5km	Bianca Marais
Eric	Le Roux	FS	10km	5km	Alisdair Hatfield
Josh	Dannhauser	KZNA	10km	5km	Graham Hill
Tyrone	Kruger	NTS	10km	5km	Rocco Meiring

President: A. Fritz **Vice Presidents** Z. Molusi. & J. Naidoo
Gen. Secretary: P. Thompson: **Treasurer:** J. Ellis
Members: D. Petersen, L. Bignaut, E. Van Veenhuysen N Raphulu R. Andrews **Chief Executive Officer:** S. Adriaanse:
Hon. Life Presidents S. Ramsamy & G. Sam

Jessica	Canter	EC	10km	5km	Mark Edge
Caylyn	Bromley	WC	10km	5km	Wendy Way
Carli	Antonopoulos	WC	10km	5km	Bianca Marais
Kiara	Barnes	WC	10km	5km	Bianca Marais
Hanna	Haswell	EC	10/5k	5/3k	David Glover
Taylor	Botha	BOR	10/5k	5/3k	Lynette Shone
Dylan	Wright	EC	10km	5km	Bianca Marais
Josh	Gultig	KZNA	10km	5km	Jean Nortje
Dante	Nortje	KZNA	10km	5km	Jean Nortje
Slater	Black	EC	10km	5km	Brian Elliott
Ian	Venter	EC	10km	5km	Brian Elliott
Adrian	Bouwer	EC	10km	5km	Brian Elliott
Hanre	Louw	AG	10km	5km	Linda de Jager
Tasneen	Ebrahim	EC	10/5k	5/3k	Mark Edge
Jess	Booth	EC	10/5k	5/3k	David Glover
Page	Black	EC	10/5k	5/3k	Brian Elliot
Stephanie	Houtman	AG	10/5k	5/3k	Linda de Jager
Cullen	Biddulph	EC	10/5k	5/3k	David Glover
Flippie	Van der Spey	EC	10/5k	5/3k	Debbie Locket
Connor	Buck	KZNA	10/5k	5/3k	Alisdair Hatfield
Rossouw	Venter	AG	10/5k	5/3k	Linda de Jager
Cameron	McAllister	KZNA	10/5k	5/3k	Graham Hill
Georgia	Mai Ng Yu Tin	WC	10/5k	5/3k	Pierre de Roubaix
Ayesha	Valli	AG	10/5k	5/3k	Julie Cassim
Khanya	Jack	EC	10/5k	5/3k	TBC
Jessica	Beukes	EC	10/5k	5/3k	TBC
Nina	Finch	WC	10km	5km	Cedric Finch
Abdul Malik	Railoan	AG	10km	5km	Wendy Albertyn
Refiloe	Mashoa	AG	10km	5km	Theo Verster
Muhammed	Adam	AG	10/5k	5/3k	Dean Price
David	Leukes	FS	10/5k	5/3k	TBC
Seyuran	Perumal	KZNA	10/5k	5/3k	TBC
Invited					
Rebecca	Meder	WC	10km	5km	Bianca Marais
Samantha	Randall	AG	10km	5km	Rocco Meiring

Itinerary

Thursday 11 January 2018

- Arrive OR Tambo – Bus to departure at 10:30am
- Arrive at Accommodation & check in 14:30 – 15:00
- Lunch
- Pool Session at School Pool: 16:30 – 18:00
- Dinner
- Squad Meeting 20:30 – 21:30 with coaching staff and High Performance Director

Friday 12 January 2018

- Breakfast: 06:00 – 06:45
- Depart for Longmere Lake: 07:00
- Warm up swim at Longmere Dam: 07:45 – 08:15
- Nominated Feeders to Feeding area: 08:00 – 08:30
- Body Marking/ Nail Check: 08:15 – 08:30
- Final Race Briefing: 08:30 – 08:45
- 10km / 3km Race Start: 09:00
- Anticipated Completion: 11:30
- Lunch: 13:00 – 14:00
- Pool Session at School Pool: 16:30 – 18:00
- Dinner: 19:00 – 19:45
- Squad meeting 20:30 – 21:30

Saturday 13 January 2018

- Breakfast: 06:00 – 06:45
- Depart for Longmere Lake: 07:00
- Warm up swim at Longmere Dam: 07:45 – 08:15
- Body Marking/ Nail Check: 08:15 – 08:30
- Final Race Briefing: 08:30 – 08:45
- 5km Race Start: 09:00
- Anticipated Completion: 10:30
- Lunch: 13:00 – 14:00
- Pool Session at School Pool: 16:30 – 18:00
- Dinner: 19:00 – 19:45
- Squad meeting 20:30 – 21:00

Sunday 14 January 2018

- Breakfast 06:30 – 07:30
- Depart for School Pool: 07:45
- Pool Session at School Pool: 08:00 – 10:00
- Return to Accommodation at 10:00 to freshen up.
- Check out of Accommodation at 11:00 and travel to Swim Meet.
- Depart from Swim Meet approx 12:00 for ORT Tambo

President: A. Fritz **Vice Presidents** Z. Molusi. & J. Naidoo

Gen. Secretary: P. Thompson: **Treasurer:** J. Ellis

Members: D. Petersen, L. Bignaut, E. Van

Veenhuysen N Raphulu R. Andrews **Chief Executive Officer:** S. Adriaanse:

Hon. Life Presidents S. Ramsamy & G. Sam

All participants are to meet at the OR Tambo International Airport in Johannesburg on Thursday 11th January 2018 by no later than 10:00hrs to assemble and travel by bus to the Mpumalanga Lowveld. The squads will return to the OR Tambo International Airport by 17:00 on Sunday 14th January 2018. This travel cost will be for own account. If there is no connecting flight to coincide with the arrival time at OR Tambo, then the swimmer must arrange their own overnight accommodation.

All flights to and from OR Tambo are for the participants own account and cognizance should be taken of the anticipated departure and arrival times of the group when making the relevant bookings.

Cost per swimmer

- R 5 000-00 (Transport to Nelspruit and 3 nights accommodation in Nelspruit)-
Flights to and from OR Tambo for own account
- Confirm attendance by 30 November 2017
- Proof of payment to be received by SSA before 5 December 2017

Bank: ABSA
Branch: The Zone, Rosebank
Account Name: Swimming South Africa
Acc. No. 1003790807
Branch Code: 632005

Yours Sincerely,



Shaun Adriaanse
Chief Executive