

Make a 'SPLASH' with New Zealand's Olympians

Some of New Zealand's top Olympians will be instructing at the Inter-Regional Challenge Camp/Workshop to be held at Diocesan School Pool, Saturday 14th August 2010.

Olympians Dean Kent, Helen Norfolk, Paul Kent and Orinoco Faamausili-Banse-Prince will be challenging some of our young Auckland regional team swimmers ('Auckland Blue' and 'Auckland White') with skills sessions prior to the Inter-Regional Challenge Meet later that day at 4.00pm.

Planned activities beginning 10.00am will include pool sessions focusing on starts and turns, dryland sessions focusing on body awareness, and classroom sessions where swimmers will be able to ask questions ranging from "What do Olympians eat for breakfast?" to "What is the secret to success?"

Helen Norfolk, three-time Olympian has commented, *"Auckland swimmers are so lucky to have resource to so many Olympic successes and we really believe initiatives like this camp will give our swimmers the vital skills to become our future superstars".*

The logo for Swimming Auckland features a stylized blue splash or wave graphic above the word "Swimming" in a large, bold, blue sans-serif font. Below "Swimming" is the word "AUCKLAND" in a smaller, blue, all-caps sans-serif font.

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