



Gladstone Gropers Masters Swimming Club

NEWSLETTER

No. 1/09

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Training Venue: Gladstone Aquatic Centre (Winter season) **Cost:** Normal pool entry fee
Times: Tuesday 6.00pm – 7.00pm
 (Winter) Thursday 6.00pm – 7.00pm
 Sunday 7.30am – 9.00am followed by morning tea

Gladstone Gropers Executive:

President:	John Feddersen	Club Captain:	Sandra Pugh
Vice President:	Joan Green	Registrar:	Adrian Draney
Secretary:	Trudy Zussino	Head Coach:	Don Jones
Treasurer:	Richard Dick		

COMING EVENTS

Winter focus

As well as maintaining a basic aerobic level of fitness, during the winter months, your coaches focus on stroke correction is:-

- June the focus is on Fly,
- Backstroke during July and
- Breaststroke during August.

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August – Winter handicap sprint championships

A practice event is to be run by the Swim Meet committee, lead by Director Greg Baldock.

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