



WAVES WINTER MEET NO. 2

MOANA POOL

SATURDAY, 22 MAY, 2010

SHORT COURSE, 25M

TEAM MEETING: 3.45PM

WARMUP TIME: 4.00PM

START TIME: 4.30PM

THE COACHES FOR THIS MEET ARE:

ANDY ADAIR, LEANNE THOMPSON  
AND AMBER DAVIDSON

THE MANAGER IS

NICOLA WARDHAUGH

ASST. MANAGER IS SARAH CARR

Please bring your own snack food and drink.

Bananas, dried fruit, muesli bars and creamed rice  
are great options.

BE POSITIVE AND CONFIDENT  
AND MOST OF ALL  
ENJOY YOURSELF