



WAVES WINTER MEET NO. 4

MOANA POOL

SATURDAY, 24 JULY, 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 LIBBY JENSEN

FINAL OF DUEL IN THE POOL
FINAL OF P.B COMPETITION

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