

ALICE SPRINGS COACHING CLINIC WITH COACH – TONY SHAW

**WHERE: ALICE SPRINGS AQUATIC CENTRE
WHEN: MONDAY 14TH & TUESDAY 15TH DECEMBER**

All Swimming Northern Territory swimmers are invited to attend a coaching clinic headed by one of Australia's leading coaches, Mr Tony Shaw.

This is a wonderful opportunity to learn from the 2008 ASCTA Coach of the Year. Tony won this prestigious award following a year where he coached Beijing Olympians Grant Brits and Kenrick Monk, also coaching the same pair at the 2008 World Championships, Tony also had Theodore Pasialis represent Australia with the Oceania Championship Team. In addition to his representative honours Tony won the No1 Swimming NSW State Open Coach with his club SOPAC topping the summer and winter pointscore.

Tony has been a New South Wales Institute of Sport Coach since the inception of the program and has been a professional coach since founding the Tony Shaw Swim School in Toongabbie in 1978.

Participation at this clinic will help you:

- Improve your technical skills
- Learn new drills for technical enhancement
- Start, Turn and Finish Practice
- Improve and Maintain Aerobic Fitness

A detailed camp schedule is being developed and will be circulated along with the camp consent form as soon as possible.

All clubs please email lists of attending swimmers to executiveofficer@nt.swimming.org.au by Monday 30th November 2010