

eXcel training

All eXcel Youth and Age group Performance and Development are invited to the next training day camp

Crystal Palace on Sunday 23 October

8.00am – 9.00am Pool, 9.30am – 10.30am land, 13.00 – 15.00 Pool

Land training will be taking place in the park (in all weathers!)

Trainers and appropriate fitness attire must be worn

Please notify your coach if you would like to attend

Please arrive in good time to be ready for the first pool session at 8.00am

Cost £7.50 per swimmer

eXcel Performance – achieved Regional times - 2011

eXcel Development – achieved Kent times - 2011