

SCHOOL SPORT PROGRAM

Thanks to the Queensland Government's 10-year strategy *Activate! Queensland 2019-2029*, Swimming Queensland are proud to deliver a suite of activities across the state.

The **School Sport Program** will provide development clinics and workshops targeting athletic development, fundamental swimming skills and personal development for students aged 10-12 years.

Jump online and register now!

What's available for students 10-12 years?



SWIMNASTICS

Best described as gymnastics based dryland training for swimmers, Swimnastics develops the fundamentals of dryland strength and conditioning training by teaching athletes to move functionally through a great range of movement with kinaesthetic awareness.



GROW

GROW is an activity book written to enhance the personal development of athletes of all abilities and across all sports. Using GROW, these workshops focus on a proactive, empowering and skill building approach to self-development in order for young athletes to thrive.



ONCORE

This clinic will be delivered in conjunction with GROW and focusses on the fundamental skills of our sport. Students will learn how their body moves in the water and how to best control this to be connected with the water and therefore stronger, more efficient and faster.

www.qld.swimming.org.au/school-sport-program