



Swimlab

Aquatic Academy

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29th January 2018

Dear Parents & Athletes

By invitation from the Greek Swimming Federation, an International, Age Group Swimming Tour - Training and Performance Camp, for the following athletic abilities. The Tour Criteria will be adhered to and only if there is availability, will the next tear of athlete be looked at attending the training camp. There are only 50 Spot available for the tour so first come first serve.

- Athletes need to compete at the SA Junior National championship or have qualified to swim at the 2018 meet.
- If an athlete swim at there regional level 3 Championships and at the regional meet and qualify for SA Junior. This will allow them eligible to attend the tour.
- The 2018 tour will depart from Cape Town International Airport on the 14th of June and return on the 2 of July 2018.
- The safety of the team code of conduct will be adhered to at all times.
- If you would like to send an athlete on this tour, please fill in the application form, the team code of conduct plus the medical form must be return on application.
- Once Application have been processed the tour flights needs to be paid.

The team itinery has been lauded out as follows:

14 th June-THUR	Depart Cape Town International Airport to Athens (Greece).		
15 th June-FRI	Arrive Athens (Greece) road trip via coach toe Loutraki.		
16 th June-SAT	Loutraki – Meet	Heats 9am	Finals – 5pm
17 th June-SUN	Loutraki – Meet	Heats 9am	Finals – 4pm
18 th June-MON	Training Loutraki	AM-Rest Morning	PM-2pm/4pm-Swim
19 th June-TUES	Training Loutraki	AM-7am/9am-Gym&Swim	PM-2pm/4pm-Swim
20 th June-WED	Training Loutraki	AM-7am/9am-Swim	PM-2pm/4pm-Swim
21 st June-THUR	Training Loutraki	AM-7am/9am-Swim	PM-2pm/4pm-Swim
22 nd June-FRI	Training Loutraki	AM-7am/9am-Swim	PM-2pm/4pm Swim
23 rd June-SAT	Training Loutraki	AM-7am/9am-SWIM	PM-2pm- D/MEET
24 th June-SUN	Training Loutraki	REST DAY	Sight Seeing
25 th June-Mon	Training Loutraki	AM-7am/9am-Swim	PM-2pm/4pm-Swim
26 th June-TUES	Training Loutraki	AM-7am/9am-Gym/Swim	PM-2pm/4pm-Swim
27 th June-WED	Training Loutraki	AM-7am/9am-Swim	PM-2pm/4pm-Swim
28 th June-THUR	Training Loutraki	AM-7am/9am-Swim	1pm – Dept. Athens
29 th June-FRI	Athens-Greek Champs	AM-Heats-9am	PM-Finals-5pm
30 th June-SAT	Athens-Greek Champs	AM-Heats-9am	PM-Finals-5pm
1 st July-SUN	Athens-Greek Champs	AM-Heats-9am	PM-Finals-5pm
2 nd July-MON	Athens	Half Day Tour Athens	PM-Dept. CPT
3 rd July-TUES	Arrive Cape Town International Airport.		

Program of the LEN Loutraki International Swimming Meet
16 – 17 of June 2018

Only swimmers who are registered in their National Federations, which are members of FINA, are eligible to participate in the competition.

Age Groups A. Girls and Boys born in 2000-2001 (17-18 years old)
 B. Girls and Boys born in 2002-2003 (15-16 years old)
 C. Girls and Boys born in 2004-2005 (12-14 years old)
 D. Girls and Boys born in 2006-2007 (11-12 years old)

Competition Schedule The competition will be held in four (4) sessions in final heats.

Technical meeting: 15th of June at 17:00, at the venue of the event.

1 st Session: Saturday 16th of June at 09:30

50m	Freestyle	Girls & Boys	A, B, C, D
200m	Breaststroke	Girls & Boys	A, B, C, D
100m	Butterfly	Girls & Boys	A, B, C, D
800m	Freestyle	Girls & Boys	A, B, C, D-only 12&Over.
4x50m	Medley Relay	Girls & Boys	

2 nd Session: Saturday 16th of June at 17:30

50m	Butterfly	Boys & Girls	A, B, C, D
100m	Freestyle	Boys & Girls	A, B, C, D
200m	Backstroke	Boys & Girls	A, B, C, D
200m	Individual Medley	Boys & Girls	A, B, C, D
1500m	Freestyle	Boys & Girls	A, B, C
4x100m	Mixed Medley Relay	2 Boys & 2 Girls	A, B, C

3 rd Session: Sunday 17th of June at 09:00

50m	Backstroke	Girls& Boys	A, B, C, D
200m	Freestyle	Girls & Boys	A, B, C, D
100m	Breaststroke	Girls 7 Boys	A, B, C, D
200m	Butterfly	Girls & Boys	A, B, C
1500m	Freestyle	Girls & Boys	A, B, C
4x50m	Freestyle	Boys & Girls	D

4 th Session: Sunday 17th of June at 17:30

50m	Breaststroke	Boys & Girls	A, B, C, D
400m	Freestyle	Boys & Girls	A, B, C, D
100m	Backstroke	Boys & Girls	A, B, C, D
400m	Individual Medley	Boys & Girls	A, B, C, D
4x100m	Mixed Freestyle Relay	2 Boys & 2 Girls	A, B, C

Program of the Loutraki International Swimming Meet
23rd of June 2018

Saturday 23rd of June at 17:30

50m	Butterfly	Boys & Girls	A, B, C, D
50m	Freestyle	Boys & Girls	A, B, C, D
50m	Backstroke	Boys & Girls	A, B, C, D
200m	Individual Medley	Boys & Girls	A, B, C, D
50m	Breaststroke	Boys & Girls	A, B, C, D

Program of the Greek National Swimming Championship Men – Women
29 – 30 of June & 01 of July 2018

Heats : Start at 09.00

Finals: Start at 17.00 - Sunday Finals at 16.00

Day 1 - Heats

50m	Freestyle	Women - Men
50m	Breaststroke	Women - Men
200m	Butterfly	Women - Men
400m	Freestyle	Women - Men
100m	Backstroke	Women - Men
200m	Individual Medley	Women - Men
4 x 100m	Freestyle Relay	Mix

Day 1 - Finals

50m	Freestyle	Women - Men
50m	Breaststroke	Women - Men
200m	Butterfly	Women - Men
400m	Freestyle	Women - Men
100m	Backstroke	Women - Men
200m	Individual Medley	Women - Men
4X200m	Freestyle Relay	Women - Men

Day 2 - Heats

50m	Butterfly	Men – Women
200m	Freestyle	Men – Women
400m	Individual Medley	Men – Women
200m	Backstroke	Men – Women
100m	Breaststroke	Men – Women
800m	Freestyle Men (slow rows)	Men – Women
1500m	Freestyle Women (slow rows)	Men – Women
4X100m	Medley Relay	Mix (Timed Final)

Day 2 - Finals

50m	Butterfly	Men – Women
200m	Freestyle	Men – Women
400m	Individual Medley	Men – Women
200m	Backstroke	Men – Women
100m	Breaststroke	Men – Women
800m	Freestyle	Men (Top 8)
1500m	Freestyle	Women (Top 8)
4X100m	Medley Relay	Mix (Timed Final)

Day 3 - Heats

50m	Backstroke	Women - Men
100m	Freestyle	Women - Men
200m	Breaststroke	Women - Men
100m	Butterfly	Women - Men
800m	Freestyle Women (slow rows)	Women
1500m	Freestyle Men (slow rows)	Men

Day 3 - Finals

50m	Backstroke	Women - Men
100m	Freestyle	Women - Men
200m	Breaststroke	Women - Men
100m	Butterfly	Women - Men
800m	Freestyle Women	Women (Top 8)
1500m	Freestyle Men	Men (Top 8)
4X100m	Team Medley	Women – Men (Timed Final)

2018 – International Age Group Swimming Tour **Training and Performance Camp**

Tour Costs are as follows:

Flight Cost including Air Port Taxes

Depart Cape Town International to Athens on the 14th of June **R15 460.00**

Coach Transfer from Athens International Airport to Loutraki, 13 Nights, Club Hotel Casino Loutraki***** full Board, daily transfer from, Club Hotel Casino Loutraki*****

and the Aquatic Centre in Loutraki. Gym Access for Athletes at the Aquatic Centre, transportation to Anc. Olympia for Sightseeing purposes (24/06), transfer from Loutraki to Athens, Accommodation in Athens for 4 Nights Civil Attik Hotel, Athens **** Full Board, half day Athens Sight Seeing. **R27 267.00**

Tour Kit – Extra and needs to be complete and submitted by the 10th of April.

Visa Application need to be submitted by the 10th of April.

Visas can only be applied for after the ticket purchases has been done. **COA**

Passport would need to be courier to Team Manager so all applications can be made together. **COA**

Please note the Flight tickets need to be Paid for on the confirmation of Participation has been made. All the details will be invoice to the parents.

Please note that the 1st application closure will be 24th February.

If any alternated athletes would like to join the tour the payment must be made in full once availability has been confirmed.

The Accommodation payment can be made in 2 payments of R13633.50 = R27267.00 Full payment needs to be received before the 30th of April.

The Tour will be managed by Hilton Slack and all correspondence must be forward to Hilton's email – coach@swimlab.co.za

Once application have been received the invoice for the flight will be sent out for payment. At the same time, you will receive the visa application form and your passport will have to be couriered to us to process the visa application.

Timeline:

Confirmation of Attending the Tour	24 th February
Payment of Flights	5 th of March
1 st Split Payment for Accommodation	31 st March
1 st Visa Application COA (Cost on Application)	10 th April
Kit order Closes	10 th April
2 nd Split Payment for Accommodation	30 th April

INDEMNITY FORM

I the parent/guardian
of..... (Full name and surname)
hereby give my consent that he/she may take part as a
member of the Training Camp in Greece and participate in
all the activities under the supervision of the appointed
team management.

I understand that in the event of accident or injury to the
above swimmer that all reasonable steps will be taken by
the management to contact me to obtain my consent for
any necessary emergency medical treatment and/or any
emergency medical operation. As far as I know, he/she is
in a good state of health.

I do, however, request the responsible persons to note the
following:

.....
.....

Information required in case of medical/hospital treatment.
I accept that all reasonable precautions will be taken for
the safety and wellbeing of my child and that I will be held
responsible for paying any medical and/or hospital
accounts, where applicable.

.....
Signature of parent/guardian

.....
ID number

.....
Date

.....
Place

.....
Witness Signature

.....
Print Name

Application Form to attend the Age Group Tour 2018

First Name :.....
Surname :.....
DOB :...../...../..... Age:..... YOB:.....

Father Name :.....
Fathers Contacts :.....
Fathers ID No :..... Age:.....

Mothers Name :.....
Mothers Contacts :.....
Mothers ID No :..... Age:.....
Email Address :.....

Athletes Medical Details:
Medical Aid Name :.....
Medical Scheme :.....
Medical Aid Number :.....
AthletesAllergies:.....
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Athletes Doctor :.....
Doctors Contact Number :.....

Office Administration:

Documents Attached: P/P(.....) F/ID(.....) M/ID(.....)
VAF(.....) DP(.....) P1(.....) P2(.....)

Print Name:

Date: Place:

Signature of Parent/Guardian