



REMINDER

Country Championships
Saturday 17th January, 2026
Hosted by Dalby Dolphins Swimming Club

followed by the

Darling Downs Country Championships Swimming Development Clinic

At the Dalby Aquatic Centre - Sunday 18th January, 2026

This Program is the one of the corner stones of the future development of swimming on the Darling Downs.
Below is a brief outline of the activities involving swimmers and coaches

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| 8:30 -8:45am | Swimmers sign in & Welcome Introduction |
| 8:45 – 8:50am | Brief Outline & Expectations of the Clinic plus Q & A Session |
| 8:55 – 9:15 am | Coordination, Mobility, Activation & Streamlining |
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9.20 -11.20am **SWIMMING TECHNIQUE & COORDINATION of EACH STROKE**

*Hosted and Directed by DDRSA Coaches: Troy Chandler (CTJ's), Craig Tobin (Dalby), Naomi Phillips (Inglewood),
Mick Winton (Fairholme)*

ALSO

9.30-10am DDRSA Technical Official information session for those interested in completing modules for officiating at meets.

The DDRSA would like to encourage coaches who are attending the Country Championships to also attend the Swimming Clinic. This is a good opportunity to interact and learn from your coaching peers. Thank you in anticipation.

For further information and to register, please email DDRSA Secretary at ddrsa.documents@gmail.com

An Excellent Opportunity to Improve Your Swimming Technique

Lunch (sausage sizzle) will be supplied to the Swimmers and Coaches

**Parents and Coaches are encouraged to attend and MUST REGISTER using the registration form below
or by emailing ddrsa.documents@gmail.com individually.**

This is an ideal time for parents to get more information to help your local club into the future

INDIVIDUAL AND CLUB NOMINATIONS ARE ACCEPTED – EMAIL TO
ddrsa.documents@gmail.com