



## 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

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.**

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For further information and to register, please email DDRSA Secretary at [ddrsa.documents@gmail.com](mailto:ddrsa.documents@gmail.com)  
**An Excellent Opportunity to Improve Your Swimming Technique**

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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](mailto:ddrsa.documents@gmail.com) individually.**

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



Darling Downs Regional Swimming Association

## Darling Downs Country Championships Swimming Development Clinic

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

### REGISTRATION FORM:

<b>CLUB:</b>			
<b>SWIMMER NAME:</b>	<b>AGE:</b>	<b>PHONE CONTACT:</b>	<b>EMAIL:</b>
<b>PARENT NAME:</b>	<b>XX</b>	<b>PHONE CONTACT:</b>	<b>EMAIL:</b>
<b>COACH NAME:</b>	<b>XX</b>	<b>PHONE CONTACT:</b>	<b>EMAIL:</b>

INDIVIDUAL AND CLUB NOMINATIONS ARE ACCEPTED – EMAIL TO  
[ddrsa.documents@gmail.com](mailto:ddrsa.documents@gmail.com)