

Breaststroke clinic presented by Russell Mark:  
Breaststroke technique was discussed in depth

Discussion among the Olympic coaching staff:  
Quite an interesting 2 hour discussion  
Topics included: race analysis, training techniques, team dynamics, approaches to coaching

Board Responsibilities LSC and Club:  
Presented by Sue Anderson, Tom Avischious

Tips Traps and Responsibilities: LSC and Club Financial Responsibility

Senior Committee:  
Discussion of the Zone Senior Championship Meet was discussed

Steering Committee

Make a splash

All Eastern Zone meetings

HOD Meeting