

# **TECHNICAL PACKAGE**

## **Fall Aquatic Conference**

**September 11-13, 2009**

**Presented by**

**Synchro BC**



**SYNCHRO BC FALL CONFERENCE 2009**

***Friday September 11<sup>th</sup> Sport BC Building***

4.00-4.30	Registration
4.30-6.15	Sandra Stevenson
6.15-6.45	Dinner
6.45-8.00pm	Dr. Laura Farres

***Saturday September 12<sup>th</sup> Percy Norman Pool \*bring deck shoes***

8.30-9.00	Registration	
9.00-10.30	FINA Figures and Training Drills (Danielle and Steph)	
10.30-10.45	Break	
10.45-12.00	Highlights (Susan)	
12.00-1.00	Lunch	
1.00-2.45	Classroom	
	Steph – Tech Package	
	Danielle, Susan, Tara – Synchro BC's Direction	
2.45-3.00	Break	
3.00-5.00	Pool Session	
	(2 x 1 hour Stations: Choreography/Susan, Figure drills for all tiers /Danielle)	
5.30	Sport BC Building	Wine and Cheese with Catherine Gosselin-Despres

***Sunday September 13<sup>th</sup> Percy Norman Pool \*bring deck shoes***

8.30-9.00	Registration	
9.00-11.30	Pool Session	
	Tier 1-5 Basics-Tara -1hr	
	Drills for new figures-Danielle – 1hr	
	Endurance-Susan -30mins	
12.00	Sport BC Building	AGM