

SGB Swimming Camp

5th – 8th July 2018



The 2018 SGB team building and leadership camp were held during the July school holidays at Lakes Entrance. It was four fantastic days of swimming, team activities, and more swimming, led by head coach Dylan Muir. Rob Moon and Jo Rowand also supported the event with special presentations and coaching.

The swimming camp began with Jump and Climb activities in Traralgon, where the SGB team challenged themselves to dodgeball, flips and turns on trampolines, dunking basketballs, and hopping one-footed up the vertical tower.

The excitement continued on day two. Even after the two-hour butterfly session, swimmers were eager to return to the pool that afternoon for more. This must have been the result of Rob Moon's excellent coaching mantra "butterfly is easy?"

Between sessions on day three, swimmers were able to set their flippers aside and test their Mini Golf putting skills. There were lots of laughter and the occasional miss hits were heard through the gusts of wind and rain. This did not put a damper on our adventures as the fun continued during the afternoon session. We were still unsure how it was possible to carry Kai above the water for the length of the pool?

SGB's first swimming camp was a success. Many thanks to Dylan for your spontaneous creativity; Rob, Jo, and Lorri for coaching; Lorraine and Shane for carting swimmers around; Jan, Stuart, Caz, Bec, Pete and Kate for cooking up a storm; and Cindy for being the gofer.

SGB aims to have more swimming camps for both junior and senior swimmers so watch this space for some fun ideas. Who's up for laser tag in the snow?





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