

18 July 2018

**TO: ALL ORCA MEMBERS & GEORGIA WICKENS**

**RAUMATI SWIMMING CLUB INCORPORATED**

**NOTICE OF INFORMATIONAL MEETING AND PARTICIPATION SELECTION**

A meeting will be held to discuss the sleep and performance of elite adolescent athletes as follows:

(a) Date: Tuesday 24 July 2018

(b) Time: 5:00-6:00pm

(c) Location: Kapiti Community Centre - Pohutukawa Hall

(d) Purpose: To identify key swimmers that meet the requirements to take part in the educational study and to teach swimmers about the importance of sleep

(e) Special Attendance: Travis Steenekamp, Sleep Wake Research Centre, Massey University.

**NB: Swimmers must be ready to swim afterwards**

**Raumati Swimming Club Incorporated**