

## Nicole Attends Southeast Region Open Water Training Camp

Written by Claire Muller

Sunday, 16 June 2019 18:27 - Last Updated Sunday, 16 June 2019 18:51

---

Well done to Nicole Quiller for being selected for the South East Region Open Water Development Camp, Nicole qualified for this camp with her 1500m freestyle swim at Kent County Championships.

The camp held today started with a Pre pool Land training session then a 90 minute pool session to learn all the open water skills. After lunch a tough session in the lake putting all the skills into practice.



## Nicole Attends Southeast Region Open Water Training Camp

Written by Claire Muller

Sunday, 16 June 2019 18:27 - Last Updated Sunday, 16 June 2019 18:51

---

