

SWIMMING CAMP

LOCATION: Anna Swimming Pool

DATES: 16-03-2021 to 27-03-2021

NUMBER OF CADETS: Totally 70 cadets are participated out of this 25 cadets were participated from Vel Tech University.

ACTIVITIES: Morning - SD Free Style, SW Breast Stroke, Floating, Afternoon-Unit Training

SELECTION PROCESS: 400 meters swimming, 5 minutes floating

WHAT YOU GAIN: Physical Fitness, Swimming

ROUTINE TIME:

6:00 am fall in Avadi Railway Station s

7:30 am Reaches Chennai central

8:00 am reached Anna swimming pool

9:00 to 12:00 pm swimming practice

1:30 pm fall in unit

2:00pm to 4: 00 pm parade

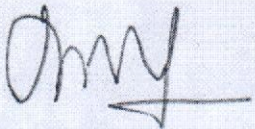
4: 30 pm fall out

5:00 pm Reached Chennai central

6:30 pm Avadi Railway Station

7:30 pm Hostel / Home


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Registrar
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Rangarajan Dr. Sagunthala
R&D Institute of Science and Technology
(Deemed to be University Estd. u/s 3 of UGC Act, 1956)


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