MEMBERSHIP INTERMEDIATE SQUAD – WILMSLOW & DISTRICT ASC

AIMS

The Intermediate Squad are normally for swimmers aged 11-14. The aim of the squad is to produce competitive swimmers of County standard and above, although we appreciate that not all swimmers will reach this goal.

ENTRY REQUIREMENTS

Entry into the Squad is by achievement of specific targets relating to speed, stamina and style/safety as follows:

- Repeat a set of 10x100m Front Crawl on 2 1/4 mins. Swim being under 2 mins each time.
- Swim at least 25 m on all 4 strokes legally.
- Turn legally and efficiently on all strokes and between strokes on a medley
- Perform a safe racing dive.
- Understand and demonstrate basic training requirements such as lane discipline and taking own times from the clock and have a general knowledge of stroke laws.

TRAINING TIMES

Intermediate Squad swimmers will be expected to commit to a minimum of two Intermediate training sessions per week (three preferable), one should be a Sunday. Swimmers are also expected to provide their own equipment.

- Sunday 20.00 – 21.30pm
- Monday 20.30 – 22.00pm
- Thursday 20.30 – 22.00pm

We realise that it is a late finish and to enable your swimmer to adjust to the later and longer training sessions we agree to the swimmer leaving the training session at an earlier time, eg. 9.30pm**, for their first six months.**

GALAS

The Club competes in the Inter-Towns League + other events.

The main way of communicating to swimmers the various Galas and of their selection to swim for the team is via email invitations. When an invitation is received, please respond as soon as you can by using the link contained within. It's just as important to let us know you can't make it so that we can invite someone else in your place.

Please help us to field our strongest available squads for gala's by indicating promptly whether or not you are available to swim, arrive for warm-up in plenty of time and advise us as soon as possible if you have committed to swim at a gala but then find you are unable to.

FURTHER INFORMATION

If you require any more information or have any questions, please contact Pauline Busby Chief Coach on 01625 829628