

Membership Junior Squad – Wilmslow & District ASC

Aim

The main aim of the Junior Squad is **to produce: competitive swimmers who will be expected to make themselves available to represent Wilmslow & District Amateur Swimming Club at various galas**, and swimmers who are able to satisfy the requirements for joining Intermediate Squad. The main targets of the Junior Squad being:

- Swim 10x100m Front Crawl on 2 1/4 mins. Swim being under 2 mins each time.
- Turn legally and efficiently on all strokes and between strokes on a medley
- Perform a safe racing dive into shallow water
- 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

- Sunday - 19.15 - 20.00
- Monday - 20.00 – 20.45
- Thursday -19.30 - 20.30

Junior Squad swimmers will be expected to **commit to a minimum of two** training sessions per week. One ideally being Sunday which is Club night.

Please select the two main training sessions your child will attend (it is preferred that one of the sessions is Sunday) and inform by replying.

Equipment

- Goggles 2 sets, flippers, kick board, pull-buoy, small hand paddles (optional).
- Scorpion swim hat, Scorpion swimsuit / trunks

New Junior Squad swimmers are not expected to have a full set of equipment until the second half of the term in which they join.

Galas

The Club competes in the Inter Towns Friendly League together with 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 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.)