

## **Membership of Pre Squad – Wilmslow & District ASC**

### **AIM**

The aim of the Pre Squad is to further develop stamina on all strokes over time and distance without loss of technique and with the continuing development of competitive skills and is intended to prepare them for full entry into the club's Junior Squad. Movement into the Junior Squad will be determined by Time Trials, which will be held towards the end of each term.

### **TRAINING TIMES**

Pre Squads will swim for 2 session per week  
Weekday sessions (Monday/Thursday) 7.00-7.30pm.  
Sundays 7.15- 8.00pm

### **EQUIPMENT**

We also ask that swimmers have their own Pull Buoy, a Kick Board and training fins (short) from the second half of the term they join the Pre Squad. The recommended style and the means to purchase these are shown on the club website.

### **GALAS**

WILMSLOW & DISTRICT AMATEUR SWIMMING CLUB are members of the Inter Town Friendly League. Swimming clubs currently involved include Hyde Seals, Marple, Romiley, Ashton and Saracens. Because of the way the event is structured we are able to swim A and B teams at away galas, A B and C teams at home galas.

As it is possible for swimmers to represent the Club at Galas from school year 5, we look to this event to give our Pre Squad swimmers the opportunity, on occasion, to swim competitively and gain valuable experience.

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.

All Home galas will take place on a Sunday. (So that there will be no training on those nights)

If preparation for competitive swimming is not of interest to you there are other options available which may be more suitable.

### **FURTHER INFORMATION**

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