

The assessment swim

- To attend an assessment swimmers must have ASA level 7 or equivalent (see separate sheet) and be at least 8 years old.
- Older children will have higher expectations of ability, stamina and speed. They will also be asked to complete a 200m timed swim as part of their assessment process.
- The assessment swim will (usually) take place on a Sunday morning from 7:50-9:30am (approx.) at Westgate Leisure Centre.
- The assessment swim ensures new swimmers are safe and at the necessary standard required to start competitive swimming.
- At the assessment swim new swimmers must fill in a contact sheet, and also provide any other necessary information. (i.e. medical needs)

Please note: Entrance to the Leisure Centre is via the side door that leads into the coffee shop as the main doors will not be open!

After the assessment swim...

- You will meet with one of the coaches and either: Be invited to join a 4 week trial period or be advised on the next steps in your development in order for you to try again when you are ready.
- For the 4 week trial period swimmers are expected to swim at Westgate Leisure Centre on Mondays from 18:00-19:00 and Fridays 19:00-19:45, unless advised otherwise.
- As you approach the end of the trial period you will meet with Kerrin, one of the Head Coaches, to be advised as to whether he thinks you are ready for competitive swimming.
- The month trial fee is £35 to be paid (cash, cheque or BACS) on the assessment day.
- Please fill in an ASA membership form

After the month trial swim...

- If invited (and still keen to join), you will be asked to join the club
- Fees are as follows
 - £10 joining fee that include a CCSC hat and water bottle
 - £35 ASA membership (required for insurance) renewable every January
 - £35 monthly subscription (depending on Squad)

Payable by cash, cheque or Bacs at the time of the meeting

Cheques made payable to: CCSC (Chichester Cormorants Swimming Club)

BACS details: sort code 20-20-65 / Account # 20953695

- Thereafter your monthly sub is £35 payable by standing order. Children starting in squads other than Development Squad 1 will have higher fees. (prices correct Feb 2018)
- The Swim Trial Co-ordinator will advise you of your group and swimming times. (Usually these are the same times as your trial swim times.)

****Useful information: The coffee shop is not open until 9am on Sunday mornings so you may want to bring a coffee with you!!****