



COMPETITIVE MASTERS

LEAD COACH: Jake Golding **OTHER COACHES:** Carla Bickerstaffe, Paula Di-Nitto, Mark Tanner

SQUAD CRITERIA:

- Swimmers aged 18+ who wish to compete.

AIMS:

- Representation at National Masters competitions.
- To continue swimming development and compete at the age of 18+.

COMPETITIONS:

- British Short Course Masters Championships.
- British Long Course Masters Championships.
- Local Masters Competitions.
- Arena League.
- Local Leagues.

EQUIPMENT:

- Hat, Goggles, Drinks bottle, Kick board, Pull buoy, Short fins, Paddles & Snorkel. Any other equipment required will be supplied by the coaches.

TRAINING TIMES:

	AM	PM	Land
Monday	05:15 – 07:15 Queen’s Park	20:00 – 21:30 Queen’s Park	
Tuesday	05:15 – 07:15 Queen’s Park		
Wednesday		19:30 – 21:00 Brookfield	
Thursday		18:15 – 20:00 Brookfield	
Friday	05:15 – 07:15 Queen’s Park		
Saturday	06:00 – 08:00 Eckington		
Sunday		19:45 – 20:45 Queen’s Park	18:45 – 19:30 Queen’s Park

MONTHLY FEES: £25 (for access to one or two fixed swim sessions weekly)

£10 extra for each additional fixed weekly swim session

Note: Squad fee is capped at £65 for those wishing to access six or more sessions

Information correct as of 7th February 2012.

