



POOLE SWIMMING CLUB

Affiliated to: A.S.A SW Region, D.C.A.S.A, R.L.S.S.

Founded 1931

March 2010

COUNTY SQUAD

Due to the success of the club, you have probably noticed that the pool is busy for many sessions. This is good news!

We also know that there is a differential in the swimming ability within some groups that we wish to address. We also know that some swimmers may be unable to attend as many sessions per week as required in Regional and National Squads.

To help the above, 'good' problems, an additional squad 'COUNTY SQUAD' is to be formed.

This squad will fit between Junior and Regional.

County squad will train 4-7 pool sessions per week with 1-3 land training session available each week. Swimmers are primarily 9 to 12 years with County qualifying times and aiming to qualify for the Regional Age Groups championships in more than one event.

Head Coach Robin has proposed which swimmers he feels will benefit by moving into this squad. Those selected will receive their invitation letter before Easter. We hope to commence this squad from Monday 12 April 2010.

The swim fees for this squad will be £39.00 per month. Swim session times are on the web site. If you swim Junior or Regional, there are very few changes to your swim times! Robin will be overseeing this squad, as he does all squads.

The progression from County will be moving up to Regional to National or over to Bronze, Silver or Gold.

Full details of all squads, their requirements, session times and progression chart is on our website, www.pooleswimmingclub.org.uk

**Gail Nuttall
Director of Swimming
Poole Swimming Club**



www.pooleswimmingclub.org.uk
Headquarters:
The Dolphin Pool,
Kingland Rd,
Poole, BH15 1TN

