



Affiliated to ASA South East Region and Hampshire County ASA

Training Attendance - Clarification for Club, Swim Fit 1 & 2 Squads and Students (Revised Jan 2015)

Introduction:

The purpose of this is to clarify to all current members of the Club Squad (this includes Swim Fit 1, 2 and Students) what training is available to them.

The introduction setting of a 'Club/Swim Fit Squad' was to ensure that elder swimmers (normally 15 years and over for Club and 14 years and over for Swim Fit) and that had previously swam for the club would still have the opportunity to train and compete for the club even though some had elected to reduce their attendance at training. It also gave an opportunity for those members that had gone away to University to train with the club during vacation periods.

So that all understand the current training available to them I clarify this as follows:

Full Club Squad Members (Paying a Monthly Training Fee)

May attend training sessions as per the weekly programme. Members of Club must be registered with the ASA as Category 2 members.

Swim Fit 2 Member (Paying a Monthly Training Fee)

May attend a maximum of 2 training sessions per week as per the weekly programme. Members of Swim Fit 2 must be registered with the ASA as Category 1 members. If they wish to compete they must be registered as Category 2 members.

Swim Fit 1 Member (Paying a Monthly Training Fee)

May attend a 1 training session per week as per the weekly programme. Members of Swim Fit 1 must be registered with the ASA as Category 1 members. If they wish to compete they must be registered as Category 2 members.

It should be noted that members of Club, Swim Fit 2, Swim Fit 1 and Student members may attend the Friday Night Club Night (Normally the Last Friday of each month), this session will not count towards the total number of sessions that 'Club, Swim-Fit and Student members may attend.

The final option for those swimmers at University is to use the voucher system to train with the club during their vacation. Full details of the voucher system may be obtained from the website or club secretary.

Club Squad Members (Swim Fit 1, 2 and Students) are not to attend any other session unless prior agreement has been obtained from the Head Coach. Members should also be advised that the Head

Coach may invite a member of Club Squad to attend another session i.e. Top Squad, due to their age or the swimmer considering returning to full training, or improvement in competitive performance.

I would ask that all members adhere to the above guidance as not being allowed to train in a session may cause embarrassment and or offence and I have no wish to do either.

If any member or parent requires further clarification then please do not hesitate to come and speak with me.

Head Coach

Reviewed Jan 2015