



PARENTS' SQUAD CRITERIA

*This document must be read in conjunction with the Club Ethos & Expectations

*This squad is for those who already have a family member with the club

1. SWIMMING COMPETENCE

- Swimmers must be able to swim at least 25m
- Swimmers must have a 'Can-Do' approach

2. AGE

18+

ABOUT THIS SQUAD

The Pre-Masters group is for those adults for whom swimming became either a lesser or forgotten part of life or who have only just become acquainted with the sport. Within this group can be found swimmers of every ability; from those looking to improve their technique and enjoyment of the water environment, right through to those looking to get fit again and perhaps take on the challenge of an indoor or outdoor swimming event. With this in mind, sessions are such that they can be adapted to meet the needs of each swimmer.

For those who wish and feel able to, after consultation with the coach, a transition can be made from this group to the Senior & Masters Squad. Both squads follow the same philosophy: 'Make swimming a "lifestyle" activity – have fun!'

Lead Coach: Damien Bryan

Swimmers: Men & Women – 18+

Training: Pool sessions – 1 hour (1 session) per week.

Competitions: Swimmers, who are ready, are encouraged to take part in the Club Championships and other Masters competitions.

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Affiliated to the ASA, London Region ASA and Surrey County Water Polo and Swimming Association

