

PRESTON SWIMMING CLUB TRIALS



Saturday 22nd July @ Westview Leisure Centre.

4:00pm – 5:30pm

Preston Swimming Club Open Day & Trials is your chance to see one of the Regions best swim clubs in action.

Squads will swim through a training cycle to demonstrate the different levels of ability a squad swimmer can achieve as they progress through the club.

Swim parents and Committee representatives will be on hand to share their learning & experiences, and give you guidance on what to expect as you travel through the competitive journey.

PSC has National, Regional and plenty of County Champions who will all be in the pool on the day. Come along and see them, ask questions and they will tell you what a great place PSC is for swimmers who want to be at the top of their sport.

So, if you are interested please come along to our swim trial. You can watch, learn and even take part. Please see the timetable for more information.

	4:00 – 4:30	4:30 – 5:00	5:00 – 5:30
Learn to Swim			
Competitive Squads			
Masters			

If you would like to attend, please email the appropriate form to our friendly volunteer coordinator, Nick ... nicholas.burns35@gmail.com

Learn To Swim with Preston Swimming Club

Time Table. 4.00pm – 5:00pm.

The Head of Teaching will be on hand to explain how young swimmers can progress through the Learn to Swim programme and into the Competitive section of the club on completion this.

A light assessment of ability will be done on the day, followed by feedback from the Head of Teaching. This will determine your invitation time to a full induction session at a later date.

All ages and abilities are welcome!



I would like to attend the Learn to Swim taster session.

Name.....

Age

Please circle all that apply

- I am a non-swimmer / swimmer
- I can swim 5 metres / 10 metres / 25 metres or more
- I can swim backstroke / breaststroke / front crawl / butterfly
- I would like to have my taster session at

4:00pm - 4:30pm / 4:30pm - 5:00pm

This is our email address to confirm our time.

.....

Join a Competitive Swimming Club.



Competitive Squads - 4:30pm to 5:30pm.

Preston Swimming Club has **8** Competitive squads with a range of abilities:

Individuals compete in Open meet, North Lancs District, Lancashire County, North-West Regional and National Championships

Teams compete throughout the season in the National Micro League, National Arena League & Lancashire Sub League.

We have a team of highly qualified, dedicated swim coaches to develop and maximise each swimmers' ability and potential. The coaching team will be able to explain the ability ranges of each squad and point out how progress in the squads is assessed.

During our Swim Trials Open day we will also have swimmers in the water, giving visitors an opportunity to see a training session in full flow.

If you have reached a level of swimming which you feel should now be considered for the competitive section of the club we ask you to come along and join our swimmers in the water from 4:30pm onwards to 5:30pm - Just let us know when you are going to be able to join us.

Remember we are not looking for Adam Peaty but swimmers who feel they have reached a confident level in swimming and are ready to move into the sport and compete. The coaches will be on hand and we are not expecting you to swim personal best time but just get a sense of training. There will be lots of different levels swimming to fit you in with and as with any trial we will be able to guide you to the squad system the will be best for you.

Name.....

Date of Birth

Club or in a Current LTS programme.....

Contact Email.....