



Dear

Congratulations on being selected to join the Wetherby Swimming Squad!

Wetherby Swimming Squad represents the competitive element of Wetherby Swimming Club, and in light of this fact, there are more training sessions dedicated to improving the stamina, technique and speed of the swimmers. We expect a higher degree of commitment and dedication from those swimmers who are invited to join the squad, and these expectations are highlighted in this letter.

Squad Sessions

The squad meets at Wetherby Leisure Centre on the following days and times:

Tuesday (7.00pm – 8.00pm)	Squad (ABCD lanes)
Tuesday (8.00pm – 9.00pm)	Squad (AB lanes)
Thursday (8.00pm – 9.00pm)	Squad (ABC lanes)
Saturday (7.00 am – 8.45am)	Squad (ABCD lanes)
Sunday (4.30pm – 6.00pm)	Squad (ABCD lanes)

Expectations of Squad Swimmers

Squad swimmers are the competitive group within Wetherby Swimming Club and over the years we have produced a number of exceptionally talented swimmers who have represented Wetherby at the Yorkshire Swimming Championships as well as the North Eastern Championships. In the past, we have also had swimmers who have represented Yorkshire and Great Britain in events such as Biathle, Biathlon and Triathlon. We are, of course, supportive of our swimmers who train and compete at other sports, but ultimately we are a competitive swimming squad and therefore the squad’s focus and commitment is to train our youngsters for swimming competitions.

In order to maintain the high standards we have achieved in swimming, we expect our squad swimmers to:

- 1) Attend at least 80% of swimming sessions.
- 2) Attend a minimum of 4/ 5 galas per year (in addition to the annual club galas).
- 3) Enter a range of races at different distances and strokes.
- 4) Show a positive attitude towards the coaches and the training sessions.

We only have a limited number of hours each week to train at Wetherby Leisure Centre, so it’s important that all squad swimmers are on the poolside and ready to swim at the start of each session. It’s also important that swimmers stay for the entire duration of the session, as swimming sessions are tailored to include a warm up, main set and cool down, all of which are vital elements in a session. In exceptional circumstances, the Head Coach will allow swimmers to leave before the end of a session, but this is for exceptional circumstances and only by prior arrangement. We welcome your support in ensuring that swimmers and parents respect these conditions.

The Coaches Commitment to Swimmers

Wetherby and District Swimming Club has been fortunate in recruiting a professional Head Coach with a wealth of experience . Alan has coached youngsters of various ages and abilities, from those just starting out in competitive swimming to those attaining national level times.

In addition to Alan, we have a team of experienced, voluntary coaches who assist Alan on poolside, working with the younger swimmers, giving them more guidance and support. We also have a group of parents who regularly assist on poolside, volunteering their time to help in the training of both squad and club swimmers.

The coaches regularly review the performance and attitude of squad swimmers. Any issues or concerns are addressed by communicating with the swimmer initially, and if appropriate, the parents. Of course, if you have any concerns, we are also happy for you to get in touch with us. Without your support and commitment, we cannot ensure the club remains a vibrant and successful place.

Our usual method of communication to parents is via email, and of course via the website and notice boards. However, we would be grateful if you could keep an eye out for emails from our Head Coach, Alan Hutchinson, Secretary, Annette Weston and Gala Secretary, Gaynor Pearson and send any responses that have been requested within the stated timescales. Your cooperation in this matter is appreciated.

Finally, it goes without saying that we hope you enjoy your time within the Wetherby Swimming Squad. We are proud of our squad, its swimmers and their achievements and we are delighted that you are now part of the Wetherby Club.

Kind regards,

Charlotte McArthur (Chair)

Alan Hutchinson (Head Coach)