

St.Helens Swimming Club

Affiliated to the ASA NW Region, Lancashire County SWPA



Important Changes to club Training Structure

Following on from the latest time trials, the committee have decided to introduce the following changes regarding training with the 'A' group.

Swimmers wishing to train with 'A' Group must satisfy the following criteria:

1. The swimmer must achieve the required times at the time trials as set by the committee. The committee reserve the right to alter the set times as standards improve.
2. The swimmer must attend and compete in galas when selected. These can be either team or individual galas. Failure to attend or compete will result in the swimmer being asked to train with 'B' Group.

St.Helens Swimming Club is a competitive club and in line with the aims of the club along with Long Term Athletic Development, these measures have been introduced.

We expect stiff competition for places in 'A' Group. Places in this group will only be awarded to those taking the sport of competitive swimming seriously and who show genuine commitment to furthering the aims of the club and the sport.

The Committee

