

WELLS AND SHEPTON MALLET SWIMMING CLUB
(Affiliated to the Western Counties ASA and Somerset County ASA.)

Hon. Secretary
Mr D Wilson

Chairman
Mr L Hartnell

Hon. Treasurer
Mrs J Robinson
6 St Cuthbert Way
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Somerset
BA5 2JL



In an effort to maximise the resources and session times and to refresh the Clubs organisation, our Head Coach Adam has reviewed our squad structure and training sessions. To that end the committee have agreed with Adam a new Squad based training structure. This new structure has been formed to give our swimmers recognition that they are part of a Squad with goals to achieve in competitive swimming. Details of this structure are attached to this letter.

The increased swim times plus land training comes with a small increase to the membership fees. The increase has been kept to a minimum to remain reasonable and affordable. The new Squad system begins in the first week of September, each swimmer will be informed of which Squad they will be part of before then. The first monthly payment is required to be paid by cheque; the remaining payments will be by standing order.

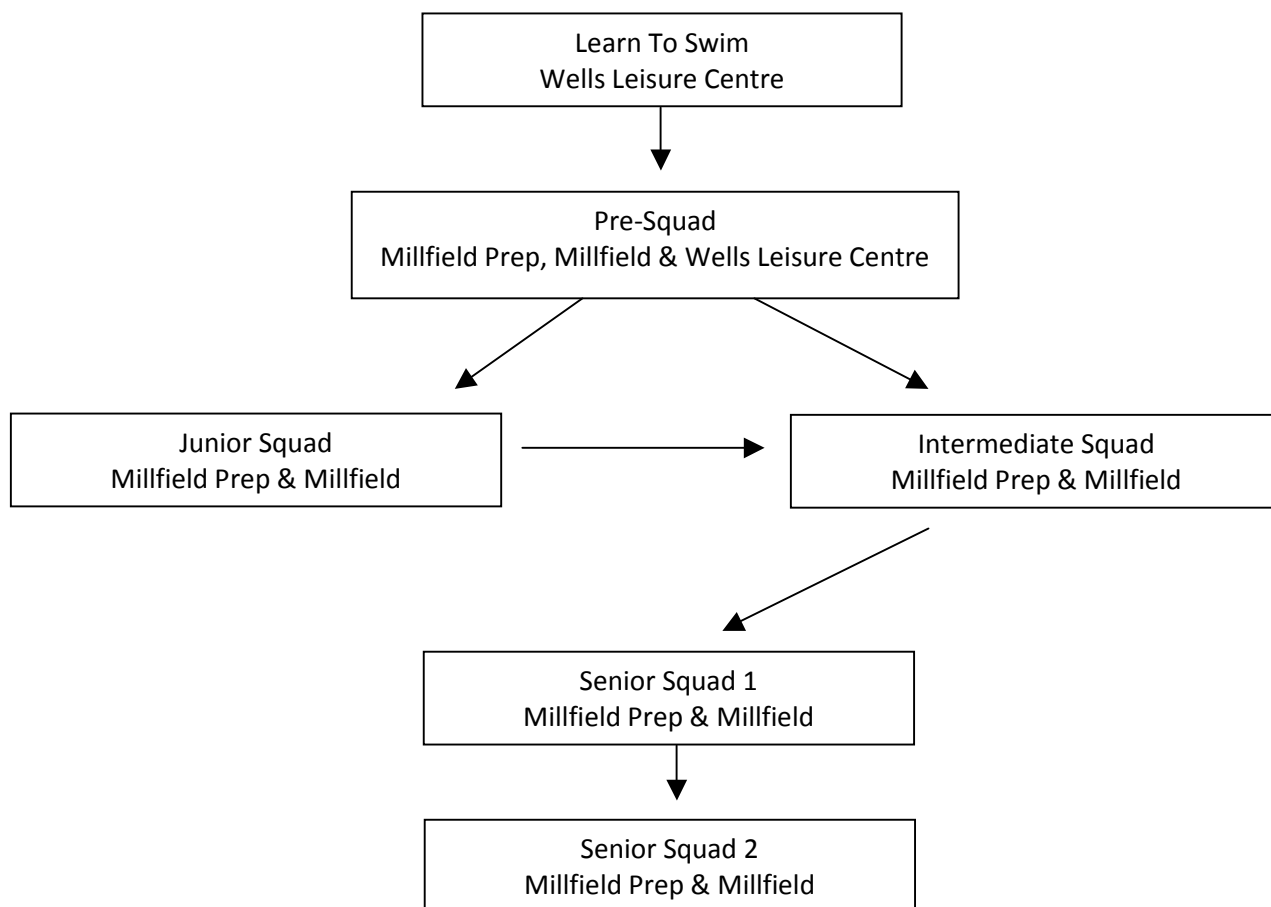
WASM Committee, Coaches and Team of helpers, are committed to ensuring that being a member of the club is a positive experience for all and that every swimmer in the club has a chance to realise their full potential, while at the same time enjoying themselves.

Please feel free to contact myself or any member of the Committee if you have any questions. Hope you all have a great summer.

Best Regards
Lloyd Hartnell
Chairman
Wells and Shepton Mallet Swimming Club

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WASM Pathway to Success



The squad structure explained:

Learn to Swim “LTS” – The beginning stage of the club, swimmers go through the National Plan of Teaching Swimming. When swimmers achieve a standard of swimming, around stage 7 they will be invited to join the Pre-Squad.

Wells Leisure Centre on Wed 6pm-6.30pm, 6.30pm-7pm or 7pm-7.30pm.
Total Time = 30mins, Price = £15.50

Pre-Squad – The squad bridges the transition from LTS into the beginning stages of competitive swimming. Swimmers still attend their session at Wells Leisure Centre and also the Pre-Squad session.

Millfield Prep School – Sun 5pm-6pm
Millfield 50m – Mon 6.30pm-7.30pm
Wells Leisure Centre -Wed LTS (30mins)
Total hours = 2 ½ hours, Price = £24.00

Junior Squad – This squad builds on the skills learnt in the Pre-Squad and uses progressive drills to ensure correct technique, speed and competitive skills.

Millfield Prep School – Sun 5pm-6pm & Wed 6.30pm-7.30pm
Millfield 50m – Mon 6.30-7.30pm
Total hours = 3 hours, Price £25.00

Intermediate Squad – Following on from the Junior Squad, swimmers will develop a greater competitive skill base, advanced endurance swims and begin Land Based Training.

Millfield Prep School – Sun 6pm-7.30pm & Wed 6.30pm-7.30pm
Millfield 50m – Mon 6.30pm-7.30pm & Mon Land Training 7.45pm-8.30pm
Total hours = 3 ½ hours + 45mins Land Training, Price = £28.00

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Senior Squad 1 – This squad utilises a combination of endurance interval training and further skill development. There is a greater emphasis on competition skills, including racing strategy, mental approach to swimming, goal setting, nutrition and Land Based Training.

Millfield Prep School – Sun 6pm-7.30pm & Wed 7.30-8.30pm

Millfield 50m – Mon 6.30pm-7.30pm, Tue 6.30pm-7.30pm & Mon Land Training 7.45pm-8.30pm

Total hours = 4 ½ hours + 45mins Land Training, Price = £35.00

Senior Squad 2 – This squad brings together all aspects of competitive swimming including advanced training techniques, performance testing, mental approach, goal setting, nutrition, longer training times and Land Based Training.

Millfield Prep School – Sun 6pm-7.30pm & Wed 6.30pm-8.30pm

Millfield 50m – Mon 6.30pm-7.30pm, Tue 6.30pm-7.30pm, Thur 6.30pm-8.30pm,

Mon Land Training 7.45pm-8.30pm

Total hours = 7 ½ hours + 45mins Land Training, Price £40.00