

INTRODUCTION

Welcome to Melton Mowbray Swimming Club. The club exists to promote competitive swimming and participates in several leagues and inter club galas. You will be expected to swim for the club when selected and should also enter the time trials, 4's galas, the club sprints, the Graded Age Group galas and the annual gala so that you can measure your progress and make the team selectors aware of your ability.

You can taste success through improving on your previous best time, contributing to a good team performance or winning an individual medal and you will learn to deal with disappointment when your performance is not as good as you hoped.

The other benefits from swimming include safety, improved stamina and strength and good company. The more you put into the sport the more you'll get out so good luck and enjoy your swimming

George Rae

President