

Progression – Small Pool –See leaflet “*Progression*” for more detailed information

All potential entrants to the club will be assessed on a Friday at 7.00pm in the small pool. Children will normally be expected to have passed their seventh birthday.

At the assessment trials, the children will be graded on ability. Those performing best will fill the vacant spaces. They will complete an eleven-week course at 7.00pm in the small pool on Friday evenings. Those who are not admitted to the course will be advised on appropriate action.

Time trials will be held every ten weeks and all course members will be assessed on their technique, time, ability and application. Swimmers **must** compete in the small pool time trials to be eligible for promotion.. Some will be offered full club membership, others will be advised to repeat the course or enhance strength and skill before re-applying, details of which will be given on the Friday following the trials..

Swimmers unable to attend a time trial should speak to George Rae BEFORE the time trials take place to discuss an alternative arrangement

Children who are members of another swimming club and children past the age of eleven will be assessed by a Senior coach and if admitted to membership, allocated to an appropriate session.

Progression sessions in the small pool are 7.00–7.40pm then 7.40–8.20pm, then 6.15–7.00pm (swimmers by invitation may also be offered a Monday evening session in the small pool 6.30 – 7.30) then into the large pool system at 6.15p.m.

Promotion in the **10m & 25m pool Friday** sessions will be determined by:

- 1) Technique – priority to a) swimmers with four good strokes, b) swimmers with three good strokes, c) swimmers with two good strokes, d) swimmers with one good stroke.
- 2) Speed – where there are more swimmers in one of the above categories than there are vacancies, swimmers will be graded on the total time for their good (legal) strokes.
4. The number of spaces available will determine entry to the club and movement between sessions.
5. Swimmers will normally move one session at a time but where a swimmer is thought exceptional, i.e. four legal strokes and good times, they may, after discussion at the teachers meeting, be moved two sessions.
6. Swimmers with less than 50% attendance in the period from the last time trial to this will not normally be considered for promotion unless they have notified the club of an acceptable reason (holiday, illness).
- 7 Any parent/teacher who thinks that special consideration should be given to a swimmer should supply this information to George Rae. The matter will be discussed at a teachers meeting on the week following the time trial.

All swimmers **MUST** have competed in 1 of the two preceding 4S galas to ensure consideration for promotion

Progression – Large Pool

There are four sessions in the large pool on Friday evenings, they are 6.15pm to 7.00pm - 7.00pm to 7.50pm - 7.50pm-to 8.45pm - 8.45pm to 9.45pm. When a swimmer leaves the small pool they will enter the 6.15 to 7.00pm session in the large pool and will then progress through the sessions, in order, at the discretion of the session coach in consultation with his/her assistant (swimmers may also be offered large pool sessions on Sunday 5.00 to 6.00pm Monday 8.30 to 9.30pm Wednesday 8.00 to 9.00pm Thursday 5.30 to 6.30