

Travelling to Galas with the Section

Please ensure that you have the following with you:

Money for a locker (to put your valuables in) each swimmer is responsible for their own property
2+litres of water or other fluid
Club shirt/T-Shirt and shorts
Exmouth Team Hat
Goggles
Tight Racing Costume
Towel
Food (include small amount of sweets)
cereal bars and pasta (no crisps)
Money in case we stop on the way back for a takeaway

Club shirts and “hoodies” can be purchased. Order form can be downloaded from website

Hats are available at a cost of £3.50 from the registration desk.

SwimMark

Section Contact:
Jane Easton: 01395 233601
janeandh@btinternet.com

For more information about the Club and the section, Child Safeguard, Equity and other policies visit our website:
www.exmouthswimming.org

swim21
Club Accredited



Competitive and
Development Section
2018/19

**Exmouth
Swimming
and
Life Saving
Society**



Swimming Times Exmouth Swimming Pool

Monday 7 pm – 8 pm
Monday 8 pm – 9 pm
Monday 8 pm – 9.30 pm
Wednesday 7pm – 8.00 pm
Wednesday 8 pm – 9 pm
Friday 6.30 pm – 8.00 pm

All swimmers who would like to join the Competitive and Development section of Exmouth Swimming and Life Saving Society must first be assessed in their swimming ability.

For all new members, if under 18 years old, parents must complete a membership form and sign it. This will also cover the swimmers club insurance, which is paid to the Amateur Swimming Association (ASA) by the Club.

A Competitive swimmer trains to be given the opportunity to swim, with intentions of gaining a team place to represent the Club at Galas, Individual events and the Arena League. But we welcome swimmers who would just like to train.

Session fees are paid for by standing order or BACS.

Please note there are 2 categories for swimmers – ASA 1 (basic membership) which allows swimmers to take part in friendly galas and ASA 2; required when swimmers take part events such as for example Devon County Developments.

If a swimmer is a Category 2 we require that at least one parent is also a member of the Club. This means that help can be provided as required on poolside.

Membership and ASA subscriptions are a yearly fee renewable in November.

This Swimming Club is totally run by a voluntary force of people, who give up their time to teach and run the day to day aspects of the Club. Please respect the time and effort given by them.

We ask that all swimmers:

1. Are ready on poolside at the correct time. The Coaches and Teachers have the right not to allow a swimmer to join a session if they are late.
2. Have the correct equipment eg: club hat and goggles
3. Have a drink with them. The Coaches and Teachers have the right not to allow a child to swim if not in possession of a drink.

I welcome all those who want to improve their swimming skills and speed.

Hardwork + Fun = **FAST SWIMMING!**

David Hill; Head Coach