



# Exmouth

Founded 1893. President: R W A E Snowshall.

**Swimming and Life Saving Society** affiliated to the ASA & RLSS.

**SwimMark**  
ESSENTIAL CLUB

**Exmouth Swimming and Life Saving Society's** (the "Club") Philosophy and Programme for Teaching and Coaching Swimming

The Club's philosophy is summed up in the Mission Statement:

"To inspire and enable our members to achieve excellence in swimming and promote lifelong participation and enjoyment of the sport."

The Mission Statement is displayed on the Club notice board, on the Club Website and on all our correspondence.

The aim of the Club is to provide swimmers with a positive experience and to provide a safe, welcoming, open and inclusive environment for individuals to develop their swimming skills. As well as learning new skills, the swimmers learn to interact with others and make new friends.

Whilst the swimming tuition is given within a friendly and welcoming framework, this does not detract from the high standard of teaching/coaching given at the Club. The focus is to enable each individual to achieve their own personal potential in swimming – whatever that may be.

The Club's Annual Programme ensures that tuition is given on all strokes and related swimming skills, and that all members have the opportunity to participate in Time Trials and the annual Championships; Competitive and Development; Masters and Learn to Swim.

As swimmers progress through the Club, they have opportunity to compete in external competitions eg Galas, County Championships and Open Meets.

Older swimmers are encouraged to participate on poolside at training sessions with the younger swimmers. This gives them a better understanding of stroke technique and the coaching process and provides the younger swimmers with excellent role models.

In order to ensure the continued high level of swimming tuition, the Club encourages the coaching / teaching personnel to update their training on a regular basis.

In an ideal world we would love to be able to offer all our swimmers a complete pathway from learner to national competitor, but we recognise that with our current restrictions on pool time we do not have the facilities or perhaps the ability to provide the complete pathway right to the very top.

As with any sport, to compete at national level it is necessary to train for more sessions a week than we can offer and you really need to swim with swimmers of similar ability or better. Exeter City Swimming Club can provide more swimming sessions per week and has swimmers competing at national level. They are SwimMark accredited in the field of 'Competitive Development' and are part of our Network.

**SwimMark**  
NETWORK MEMBER

[www.exmouthswimming.org](http://www.exmouthswimming.org)

**"To inspire and enable our members to achieve excellence in swimming and promote lifelong participation and enjoyment of the sport."**



# Exmouth

Founded 1893. President: R W A E Snowshall.

**Swimming and Life Saving Society** affiliated to the ASA & RLSS.

**SwimMark**  
ESSENTIAL CLUB

We are keen to provide a healthy social side to the Club and arrange a number of events during the year.

The success of our Club is largely due to the commitment and skills of our Coaches and Teachers, our team of qualified and willing volunteers together with the opportunities we offer to our swimmers.

Reviewed: April 2021

Next Review: April 2023

**SwimMark**  
NETWORK MEMBER

[www.exmouthswimming.org](http://www.exmouthswimming.org)

**"To inspire and enable our members to achieve excellence in swimming and promote lifelong participation and enjoyment of the sport."**