

Banbury Swimming Club: Club Structure for 2020

From January 2020, Banbury Swimming Club is pleased to offer the following squads and training sessions for competent swimmers of all levels and interests.

Junior Squad (for swimmers up to the year they turn 14)

Swimmers will have access to two sessions per week (plus Woodgreen in the summer):

- Thursday 18.30-19.30
- Sunday 08.00-09.00
- Friday 18.00-19.30 (in summer)

Fees: £25 per month, plus £22 Annual Membership & £33.75 CAT 2 Swim England Annual fees

Squad focus: Stroke technique on all four strokes. Drills using fins where appropriate. Endurance and speed training to prepare swimmers for next squad. Introduction to IM swimming. Do time trials. Introduction to relay take overs, starts & turns and finishes for 4 strokes and IMs. Lane discipline and learning to use pace clock. Swim at Level 4 Open meets & Club Championships.

Development Squad (turning 11 to 13 in the year)

Swimmers need to commit to at least 3 out of 4 sessions per week, for the following sessions (plus Woodgreen in the summer):

- Wednesday 19.00-20.30
- Thursday 18.30-20.00
- Saturday 08.00-9.00
- Sunday 08.00-09.30
- Friday 18.00-19.30 (in summer)

Fees: £30 per month, plus £22 Annual Membership & £33.75 CAT 2 Swim England Annual fees

Requirements: 10x100 f/c on 2 mins and 10x100 form or IM on 2.15 mins. Be at Competitive Starts Award Standard. Compete in at least 4 Open Meets level 4/3.

Squad focus: Develop and improving stroke technique for all four strokes, learning and perfecting starts, turns and finished on all four strokes plus I/M, practicing and perfecting relay takeovers, increasing distance covered to improve endurance. Set personal goal objectives and know their PBs.

Senior Squad (turning 14 in the year and over)

Swimmers need to commit to at least 3 out of 4 sessions per week, for the following sessions (plus Woodgreen in the summer):

- Wednesday 19.00-20.30
- Thursday 19.30-21.00,
- Saturday 08.00-9.00
- Sunday 08.00-09.30
- Friday 18.00-19.30 (in summer)

Fees: £30 per month, plus £22 Annual Membership & £33.75 CAT 2 Swim England Annual fees

Requirements: 10x100 f/c on 1.50 mins and 10x100 form or IM on 2.05 mins. Aim to compete and improve times, depending on exam preparation commitments.

Squad focus: The squad will continue to focus on improving stroke techniques for all four strokes, perfecting starts, turns and finishes on all four strokes plus 1/, and relay takeovers, increasing distance covered to improve endurance. Re-evaluate personal goal objectives.

Fitness Squad (turning 14 in the year and over)

Swimmers will have access to two sessions per week (plus Woodgreen in the summer):

- Thursday 20.00-21.00
- Sunday 08.00-09.00
- Friday 18.00-19.30 (in summer)

Fees: £25 per month, plus £22 Annual Membership & £14.20 CAT 1 (or £33.75 CAT 2) Swim England Annual fees

Squad focus: This squad is designed to support swimmers who want to continue to train but cannot commit to more than 2 sessions a week. This is also ideal for other swimmers who do not have the times to swim in other squads or do not wish to compete in external meets.

Masters (18 and over)

Swimmers will have access to 5 sessions per week:

- Monday 20.00-21.00 (Bloxham Pool),
- Wednesday 19.00-20.00 (Bloxham Pool),
- Thursday 19.30-21.00
- Saturday 08.00-09.00
- Sunday 08.00-9.30
- Friday 18.00-19.30 (in summer)

Fees: **Option 1: Bloxham Pool only:** £25 per month
Option 2: Bloxham Pool only: Swim Card £50 for 10 session (pay as you go)
Option 3: Spiceball Pool only: £27 per month
Option 4: Access all sessions: £32 per month

For all of the above, plus £22 Annual Membership & £14.20 CAT 1 (or £33.75 CAT 2) Swim England Annual fees

Swim England Category 1 Membership is for individuals who will not be competing in any open competitions.

Swim England Category 2 Membership is for individuals who are looking to compete in any discipline in open competitions. For further information see www.swimming.org/members

You can register with the club at the following link:

<https://cui.active.com/sports-reg/login?a=f0408e08-97db-4cc6-945d-d087cc52c785>

If you have any questions about club membership or fees, please email:
membership@banburyswim.co.uk