



Dawlish Swimming Club

Squad, Fees, Swimming times and Expectations



 Competition	£40 £34	4 sessions: Thu 0530 – 0700, Sat 0600 – 0800 + W + F 2 sessions: Wed 1800 – 2030, Fri 1900 – 2030	Swimmers are expected to be the base for all team competitions including team sprint galas and relay teams. Competition Squad swimmers are expected to be able to compete in any race in any stroke.
Senior Performance	£56	6 sessions: Mon 1900 – 2000, Tue 0530 – 0700, Wed 1800 – 1930, Thu 0530 – 0700, Fri 1900 – 2030, Sat 0600 - 0800	Swimmers are expected to aim for the County and Regional championships. The Senior Performance Squad Swimmers follow an Annual 3 Cycle Plan. Swimmers are expected to follow a home based Land Training Programme.
Junior performance	£50	5 sessions: Mon 1900 – 2000, Tue 0530 – 0700, Wed 1800 – 1930, Fri 1900 – 2030, Sat 0600 - 0800	Swimmers are expected to commit to the training programme and attend all the designated sessions. Swimmers are introduced to tougher aerobic sets. They are expected to compete at 50m & 200m on all strokes.
Competitive Development	£42	4 sessions: Tue 0530 – 0700, Wed 1900 – 2030, Fri 1800 – 1900, Sat 0745 - 0900	Swimmers are expected to develop race skills, in particular starts, turns (strokes and IM) and finishes. Competitive Development Squad Swimmers should be able to use the pace clock to measure rep times and turnaround times. They should also be able to count strokes.
Development	£36	3 sessions: Wed 1800 – 1900, Fri 1800 – 1900, Sat 0745 - 0900	Swimmers are expected to focus on developing their stroke technique, reinforcing basic skills knowledge and improving their turns.
Entry Development	£35	3 sessions: Wed 1700 – 1800, Fri 1800 – 1900, Sat 0800 - 0900	Swimmers are expected to focus on their stroke development and are assessed on their ability to perform all four strokes and race a legal 100 IM
Stage 6 Improvers	£30	2 sessions: Wed 1830 – 1930 at Lady's mile and Sat 0800 – 0900 at Dawlish Leisure Centre	Stage 6 Improver Swimmers are working on completing their NPTS Stage 6 and working on becoming an Entry Development Swimmer in the Squad system. They are expected to swim 25m of all 4 strokes with legal technique.
Improvers	£26	1 session: Wed 1830 – 1930 at Lady's mile	NPTS Stages 4 - 6
Learn to Swim	£22	1 session: Wednesday Lady's Mile 30 minute lessons between 18.00 and 19.00 at Lady's mile	NPTS Stages 1 - 4

If you have any issues with attendance, sickness, payments and/or squad expectations please contact us: DawlishSwimmingClub@gmail.com