

General Information for all Swimmers

Warrington swimming and water polo club is a competitive swimming and water polo club. Our training sessions are targeted to give the optimal training for fitness, performance and technique.

We thank the majority of swimmers who enthusiastically turn up to sessions on time and we will be especially looking for the older swimmers to set an example to the younger ones. This means having kit out of the bag and neatly on the side, ready to use before the start of the session.

To help us achieve these goals, the coach will give a brief at the poolside five minutes before the session to be in the pool promptly at 7pm mid-week or 8am Sunday). Whilst we recognise that there will be an occasional time where circumstances prevent this, any late entry to the pool should be kept to a minimum.

Unfortunately, if a swimmer is persistently or very late, we will discuss the matter with parents and they will be excluded from the session.

Session timing and training - swimming.

The club has the following sessions, although individual swimmers must check with the Head Coach swimmingcoach@warringtonsc.co.uk for suitable times and your personal allocation.

Tuesday and Sunday are 1.0h sessions. – Allocated as Lanes 3- 6/8 as coached sessions Swim England Stage 10 and above. Lane 1 and 2 Learn to Swim Stages 7 -10

Wednesday is a 1.5h session Lanes 6,7,8 For Lanes 3,4,5 this will have a coached swim set for 1h, followed by an optional extra swim session or 0.5h dive (using the blocks) and turns clinic. Swim England Stage 10 and above. Lanes 1 & 2 This will have a teaching/coached swim set for 1h. Swim England Stages 7 -10 There is the option to stay longer for 0.5 hr to do extra

Friday is a 1.5hr session. Lanes 1 & 2 are the First hour 7pm to 8pm and is for Swim England Stage 7-10. Lanes 3- 6 is a 1.5h swim set for Stage 10+.

The small pool on Sunday morning- one half Learn to Swim Stages 1-3; the other half Stages 4-6.

ORFORD						
Day		Small Pool 1	Small Pool 2	Lane 1-2	Lanes 3-5	Lanes 6-8
Wednesday	7.00-8.00pm	Water Polo Stage 8-9		Stages 7-10		
	7.00-8:30pm				Stage 10+	Stage 10+
Sunday	8.00-9.00am	Stages 1-3	Stages 4-6	Stages 7-10	Stage 10+	Stage 10+

WOOLSTON						
Day		Small Pool 1	Small Pool 2	Lane 1-2	Lanes 3-4	Lanes 5-6
Friday	7.00-8.00pm			Stages 7-10		
	7.00-8.30pm				Stage 10+	Stage 10+

GREAT SANKEY						
Day		Small Pool 1	Small Pool 2	Lane 1-2	Lanes 3-4	Lanes 5-6
Tuesday	7.00-8.00pm			Stages 7-10	Stage 10+	Stage 10+

Equipment.

Having your own equipment is important so that you can be comfortable with its use. It should be brought to each training session and includes

Lanes 1,2 kickboard, pull-buoy, and fins
Lane 3 kickboard, pull-buoy, fins, and snorkel
Lanes 4,5,6,7,8 kickboard, pull-buoy, fins, snorkel and hand paddles.

Any swimmer with long hair must wear a swim cap (this is mandatory at some swimming pools).

Mark your own equipment with your name, so that if it is left on poolside, the coaches can repatriate it.



Kickboard



Pull-Buoy

Snorkel



Fins



Hand paddles

This equipment can be bought from sports shops such as Decathlon or Sports Direct (or online via [Easyfundraising](https://www.easyfundraising.com) and raise money for the club), Proswimwear <https://www.proswimwear.co.uk> or other websites.

If you wish to discuss or seek clarification on any of the above points or are interested in volunteering for any role in the club as we can always use more help no matter how small, please ask a coach for more information.

Competitions.

Warrington Swimming and Water Polo Club is a competitive water polo and swimming club and as such encourages swimmers to train for and enter competitions.

Water Polo.

As a team sport, water polo is inherently more geared to competition than swimming. The club enters leagues for several age groups. The water polo group compete all year round and have competitions for Under 13, Under 15, Under 17 and Senior levels. For more details, please refer to the new members or water polo section of the website. <http://www.warringtonsc.co.uk/new-members/>

Swimming competitions.

For newcomers to the sport of swimming, this can be a bewildering and unfathomable prospect. There is little information on the Swim England website, or anywhere else! As a club, we encourage anyone to enter competitions. This is an ideal way of measuring how effective your training is progressing.

There are two basic types of competition galas, individual and team.

Team. The club is looking to build up a team so it can enter local galas in a low level competition with events normally lasting about two hours

Individual. Any swimmer with a Swim England Category 2 level membership can enter any individual competition, subject to entry conditions such as age or lower/upper times, and can enter via the organising club website. The club will give guidance on how to enter these competitions. If you want to compete, talk to a coach or send an email to competition@warringtonsc.co.uk

<u>Competition</u>	<u>Venue</u>	<u>Date</u>	<u>Entry closing date</u>
Cheshire county championships	Macclesfield	January/February	Mid Dec
Manchester & district age groups	Wigan	March	Jan
Liverpool LC *1 *2 *3	Liverpool Wavertree	Mid-February	Jan
Sheffield LC *2	Ponds Forge Sheffield	1 st week March	Jan
Kendal mint gala *1 *2 *3	Kendal	End June/ Early July	Mid May
Manchester LC *2	Manchester aquatic centre,	1 st week July	Mid May
Manchester & district autumn meet	Wigan	September/October	Early Sep
Percy Mason gala *1	Warrington	1 st week December	Mid Oct
Manchester Snowpen LC *2	Manchester aquatic centre	Mid December	Mid Nov

Notes: -

*1 = L3, Coaches times

*2 = One day events

*3 = Targeted galas

Competitions are held in SC or LC pools. SC=Short Course (25m); LC = Long Course (50m pool), Olympic length pool.