



Email: head\_coach@maxwellswimclub.org

1<sup>st</sup> April 2010

Dear Swimmers

## RE: UPDATE: Changes to Squad Sessions

Now that the 'Masters & Fitness' Tuesday night trial has taken place, people views have been received and we've had a greater look into the development of Tring Swimming Club, I'm pleased to be able to announce the following developments.

Tring Swimming Club will now be offering two designated 'Masters & Fitness (14 +)' sessions per week on Sundays and Tuesdays.

Sundays	7:45 to 8:45 PM	5 Lanes
Tuesdays	7:30 to 9:00 PM	3 Lanes

Both these sessions will be lead by Coach Craig Oliver and the session content will be specifically focused on the development of the M & F swimmers. *(Please note that Craig will commence with the Tuesdays from June and cover will continue to be provided until then).* Any M&F swimmers that wish to get out early during the Tuesday night session can, but you will be 'encouraged/expected' to eventually build into the whole session!! Tuesdays are 'Term Time Only' starting from 20th April and those M&F swimmers using this as an additional session will be a charged £40 (for the summer term).

Tuesday mornings will continue as they have been, however this session is under continued review – it is essential that more members, especially junior swimmers, take up this important addition to their training.

Thursday evenings will be for the County Age, Youth & Senior squads only.

Fridays will remain as they are with a 'designated' Masters & fitness lane allowing for those Masters who can only attend weekend sessions.

As Tring Swimming Club continues to grow it's important to be able to provide the right environment for all its members to continue to improve alongside similar ages, abilities, commitment levels and seasonal goals. Within the next six months I will hopefully be announcing the start of the "Tring Swimming Club Development Academy" which works in partnership with SportSpace's 'Learn to Swim' lessons. This will give Tring the foundation for the future that the club desperately needs and in doing so give Tring a greater membership base and potential for the future.

Should you have any questions please get in touch,

Yours Sincerely

Kevin Brooks BSc (Hons)

Head of Coaching to Tring Swimming Club  
Head Coach to Maxwell Swimming Club

**(cc):** Craig Oliver (Tring Club Coach)

