



### **Junior Club Information**

*Coventry Junior Club Group:* A year round swim fitness program for anyone aged 10-17yrs

*Training facility:* Access to 25m short course (Alan Higgs Centre) & two school facilities (Caludon Castle & Lyng Hall School).

*Training emphasis:* Aerobic conditioning and technique improvement for swimmers with a broad range of skills that do not wish to be in the competitive side of the sport but enjoy swimming with a purpose and goal. If you have any swimming experience but do not wish to race then this program has a spot for you. It is a good group if you would like to compete further down the line as it will give you the skills needed for racing if you so wish.

*Sessions:*

Three coached training sessions are offered throughout the week as follows:

| Younger group (10-14yrs) |                                   | Older Group (15-17yrs) |                                   |
|--------------------------|-----------------------------------|------------------------|-----------------------------------|
| Monday:                  | 7.00-8.00pm Lyng Hall School      | Tuesday:               | 7.00-8.00pm Lyng Hall School      |
| Wednesday:               | 7.00-8.00pm Lyng Hall School      | Thursday:              | 7.30-8.30pm Caludon Castle School |
| Thursday:                | 6.30-7.30pm Caludon Castle School | Sunday:                | 4.30-5.30pm Alan Higgs (25m)      |

The sessions will be focusing mainly on technique, start, turns, finishes and stroke/stamina development.

*Coaching staff:* Coventry's Junior Club is coached by various coaches who are qualified Swim England Level 2 Coaches and have been DBS checked.

*Cost:* There is a two tiered system for this group depending on the number of sessions that are attended. If you wish to attend once a week then the cost is £24.00 per month, if you wish to do 2 or 3 sessions per week then the cost is £38.00 per month. Payment of monthly fees are by Direct Debit only and the payment date is the 1<sup>st</sup> of each month. Fees are reviewed for the 1<sup>st</sup> October each year so there may be changes for this date. The monthly fee has been calculated by dividing the annual fee of the group by 12 months after bank holidays and known pool closures have been taken into account.

All Junior Club Members are required to join the Club (for insurance purposes) at an annual fee of £40.00 plus a fee payable to Swim England (Governing Body) of £17.20, therefore total of £57.20. A Membership link will be emailed to you after your first session if you wish to join. The Club membership fees are reduced as we go through the year. The Membership will be taken from the direct debit as soon as it has been setup for the monthly fees, the payment will be taken 3-5 days from when the direct debit has been activated.

*Competition:* Not a requirement of this group but there may be internal club galas that you may wish to compete in. If interested please speak to the coach.

If you are interested and want more information please feel free to contact Adam Ruckwood (Head Coach) [adam.ruckwood@coventry-swimming.org.uk](mailto:adam.ruckwood@coventry-swimming.org.uk) or Paul Wilson ([Paul.wilson@coventry-swimming.org.uk](mailto:Paul.wilson@coventry-swimming.org.uk)) or visit our website [www.coventry-swimming.org.uk](http://www.coventry-swimming.org.uk)

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