



SOUTH TYNESIDE SWIMMING CLUB

Dear Parents & Swimmers

Starting this coming Swimmer of the Month night, Wednesday 5th April 2017, we would like to invite all squad swimmers to a session at Haven Point from 5pm - 7pm. This will be an extra session for Dot's D Squad and instead of Lindsay's D Squad and C Squad sessions.

The session will be an opportunity for the coaching staff to help all swimmers with technique and skills and an opportunity for the younger swimmers to watch demonstrations from the older swimmers. During the session some of the clubs officials will be helping with starts, turns and stroke and pointing out any ways in which swimmers may be disqualified during races so swimmers learn what they may be doing wrong. There may also be time for some races.

We plan to run this session every Swimmer of the Month night but please note, some months it may need to be cancelled or rearranged due to A and B Squads' training schedule for major competitions.

We hope to see as many swimmers as possible there.

