

Swim North West Open Water Swimming Development Programme 2010

Following on from last year's successful Open Water Championships, Open Water Taster and Development Sessions, the North West Region is continuing with a programme of Open Water Swimming Development. We will be providing a series of taster and development sessions to the Swimmers from North West Region Clubs. This year will again feature **The NW Region Open Water Swimming Championships** which will go ahead on Sunday, July 4th at Salford Water Sports Centre.

There will initially be a series of taster sessions prior to the Open Water Championships to allow swimmers adequate practice in the Open Water Environment and around the race course. These can be booked via the Swim North West Office. A further series of sessions will be available for those wishing to gain more experience and training prior to National Events through August and September.

June 12	11.15 – 1.00	Taster Session & Safety Presentation – Youth & Senior
June 19	11.15 – 1.00	Taster Session & Safety Presentation – Age Group
June 26	11.15 – 1.00	Taster Session & Safety Presentation – Age Group
July 3	12.00 – 1.00	Training Session Age, Youth & Senior
July 4		North West Open Water Championships – Salford Quays
July 10	12.00 – 1.00	Training Session – Age, Youth & Senior
July 17	12.00 – 1.00	Training Session – Age, Youth & Senior
July 24	12.00 – 1.00	Training Session – Age, Youth & Senior

The minimum age for participation is 13 in 2010 and you would ideally be a minimum standard of county qualifier in the 400, 800 or 1500 events. If you do not meet this criteria but wish to compete then forward a brief overview of your training programme and competition times to Diane.Stafford@swimming.org

Please book your sessions through the North West Swimming Office before June 1st 2010 – please note that there are limited places per session. Entry forms for the Open Water Championships and more details about the Open Water Programme are also available from the Swim North West Office and Website.

All sessions will take place at Salford Quays which has one of the highest accreditations in water quality available for running all disciplines and events in Open Water. Visit – <http://www.salford.gov.uk/wsc-safety.htm>

Programme Coordinator & Event Management – John Stout
Coaches – Les France, Jon Preston, Lee Holland - TBC

Download more information and images at – www.swimnorthwest.org
To book Taster & Training Sessions contact - Diane.Stafford@swimming.org

NB – All athletes who wish to enter the Competition must have attended a Safety Presentation unless you can prove that you have previous open water experience in competition.