



## **Guildford City Swimming Club – Masters Squads Specification – September 2012**

Guildford City Masters is a friendly and sociable group catering to adult swimmers 18 years and older with a very wide range of ability & aspiration and includes those who train to:

Compete internationally

Compete on a local level only

Tri-athletes

Open water swimmers

Keep fit & have fun

Training for each individual is well structured with an annual plan in place. Particular focus is placed upon perfecting strokes and water skills as well as building endurance.

### **Coaching Staff**

Jon Brayne is the lead Coach & is ably assisted by a number of experienced and caring ASA qualified coaches who ensure that all athletes enjoy a positive swimming experience.

### **Training Venues**

The Masters train at the Surrey Sports Park/ University of Surrey facility and the Guildford Spectrum

### **Core Training Sessions**

There are 6 Core Training Sessions totalling 9 hours of quality swim training per week

Monday	Spectrum	sc	0600 - 0700	1
Tuesday	SSP	sc	0600 - 0800	2
Wednesday	Spectrum	sc	1930 - 2030	1
Friday	SSP	sc	0600 - 0800	2
Friday	Spectrum	sc	2030 - 2130	1
Sunday	SSP	lc	0700 - 0900	2

In order to offer maximum flexibility Masters may join the following groups

Group 9	All Core Training Session Available
Group 6	Up to 6 hours per week from all Core Training Sessions
Group 4	Up to 4 hours per week from all Core Training Sessions
Group 3	Up to 3 hours per week from all Core Training Sessions
Group 2	Up to 2 hours per week from all Core Training Sessions
Group 1	1 hour per week from all Core Training Sessions

**The Friday Session includes a stroke technique class running alongside the Masters training session. All Masters are welcome to join this class if they wish.**

### **Competitions**

Guildford City Masters compete in a wide range of events including

World Masters Championships

European Masters Championships

G.B. Masters Championships

Regional & County Championships

Local Masters Open Meets

*Entering competitions is not compulsory and there are many members who just train for fitness – fun and the social benefit*

### **Junior Masters**

This group is specifically designed for teenage swimmers who wish to swim 1 or 2 hours a week. All Junior Masters may join in the stroke technique class on a Friday. If they wish to swim on a Wednesday they must be of a standard to keep up with the main masters training session.