



Guildford City Swimming Club – Masters Squads Specification – September 2018

Guildford City Masters is a friendly and sociable group catering to adult swimmers with a very wide range of ability and 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

Ivo & Sergey Mandradzhiyski are the dedicated lead Coaches 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 10 hours of quality swim training per week

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

In order to offer flexibility Masters may join the following groups by booking one or all of the sessions above.

Group 10	All Core Training Sessions Available (Monday 2 hour session)
Group 8	Up to 8 hours per week from all Core Training Sessions
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

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