

## Youth Club

Youth Club squad is considered to be an alternative squad for those who are swimming mainly for fitness, supporting other sports and interests or cannot meet or do not want the commitment of the attendance criteria or expectations of the competitive or performance squads within the club. Swimmers may enter this squad from a range of squads within the club, there is no minimum attendance criteria, but plenty of opportunity for athletes to progress as swimmers.

Swimmers who wish to progress from Youth Club Squad back into a Competitive Squad should discuss the necessary requirements with the Head or Assistant Coach.

Ages 12-16yrs as of 31st December

### **Training Sessions**

	Pool Sessions		Strength & Conditioning Sessions	
Monday	7.00-8.00pm	King's Lynn		
Tuesday	7.15-8.15pm	King's Lynn		
Wednesday			5.45-6.15pm	Zoom
Thursday				
Friday				
Saturday				
Sunday	5.00-6.30pm	Downham Market		

### **Specific Squad Expectations**

WNSC is a competitive swimming club and we ask that swimmers do their best to comply with the following requirements of the squad.

- Be positive and energetic in training.
- Be realistic but aim to challenge self by setting process goals.
- A team player, respectful, supportive and caring.
- Swimmers are accountable for their own effort, actions and behaviours
- Swimmers work towards best quality practice at all times.
- Keep moving at all times in session.

## **Equipment**

- Stretch band for Land Training
- Finis Steamlined Kickboard or Similar
- Fins
- Pull Buoy
- Finger or Hand paddles
- Snorkel
- Drinks bottle