

Senior Club

Senior 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 competitive swimmers.

In addition to the training sessions listed, swimmers can pre-arrange additional sessions each week (pay as you go) with the Head Coach. This is essential for swimmers who want to move from Senior to one of the competitive or performance squads and are therefore aiming to demonstrate their commitment and improve their fitness.

Ages 16+ as of 31st December

Training Sessions

	Pool Sessions		Strength & Conditioning Sessions	
Monday	5.30-7.00am	Downham Market		
Tuesday	8.00-9.30pm	Downham Market	6.30-7.15pm	Downham Market
Wednesday				
Thursday				
Friday	8.00-9.30pm	King's Lynn		
Saturday				
Sunday				

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 pre-pool work / shoulder stability and strengthening
- Red or Black looped resistance band for land training
- Finis Steamlined Kickboard or Similar
- Fins
- Pull Buoy
- Hand paddles
- Snorkel
- Drinks bottle