

# Liverpool City Council Swimming Training Scheme



# Swimmers Trial Session

On

# Sunday 16<sup>th</sup> October 2016

**At the Liverpool Aquatics Centre (50m Pool)  
from 6.50 to 9.00 am including a land warm up,  
pool warm up, skills tests and trial session.**

**Address - Wavertree Sports Park,  
39, Wellington Rd, Wavertree, Liverpool, L15 4LE**



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There are no restrictions as to where the swimmer comes from on Merseyside or in deed in the country, and which swimming club or university you represent. We welcome the opportunity to work with swimmers of all ages, Junior, Youth and Senior as we support the development of all competitive swimmers.

The key factors we are looking for, are:

1. A minimum entry age into the Swimming Training Scheme of no younger than 8 to 8½ Years of Age based on the following points.
2. The Swimmers Maturity and their ability to Listen, Learn and take on Information and Instructions from the Swim Coach.
3. The Swimmers Overall Technical Ability, Body Position and their Skill Level, which will be assessed via our trial session and coach. This is not a Speed Test!
4. We are not just looking for the fastest swimmer!
4. Equipment to bring: If the swimmers have the following items of equipment, please ask them to bring them along: Fins, Kickboard, Pullbuoy & Drinks. If they don't have any of the item's above don't worry, this doesn't stop them from attending the trial.

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**We would appreciate it very much if a coach or club representative would contact Ian Ingman on [ingy100@sky.com](mailto:ingy100@sky.com) to request a place on the trial for your swimmer(s) and please provide the swimmers name and date's of birth.**

**Following acceptance on the trial via email, we will confirm all arrangements for the trial session.**

**We would like to take this opportunity to thank everyone for your support and partnership, we appreciate it very much.**

