



INFORMATION LETTER FOR PARENTS
LEVELS 3 & 4

TRAINING

Over the past few weeks it has been noted by the coaching team that, on occasions swimmers have been turning up late for training. As from tonight 04/11/08 the coaching staff just wish to clarify that if a swimmer turns up later than 20:05 on weeknights at Fulwood & 18:05 on Sundays at West View then that swimmer will NOT be allowed to enter the session. The time will be taken from the pool clock. (if this for any reason is not in operation it will be the time on the coaches watch). The reason for this is quite simple, it is vitally important for swimmers to have a correct warm up period. If swimmers are later than 5 minutes for any session then the correct warm up will not happen. The swimmer therefore is not ready for the rigours of the session & performance will suffer. The coaching staff will not put any swimmers health at risk by not having a proper warm up, neither will they alter the session to prolong the warm up session. I sincerely hope this clears up any confusion and trust swimmers will be on time in future.

Please could I also ask all Parents to refrain from coming onto poolside for any reason before or during a session. Not only have the Leisure centre complained to the club about this but we are also breaking Health & Safety law and CRB rules. If you need to speak to the coach please do so **AFTER** the session not before or during.

There will be an email address sheet going round for you all to complete this week. Could I ask that you all please let me have your email address as soon as possible. Once I have received your email address I intend to send you all the sessions for your Childs log book on a Monday morning for that week. That way there will be no need for any parent to come on poolside to copy the session down. All you will need to do is fill in the meterage.

So as from next Monday 10/11/08 can I please ask all parents not to come on poolside for any reason.

NORTH LANCS 2009

Please can you all ensure your completed forms for the North Lancs 2009 championships are handed into your coach no later than Tuesday 09 December

Late entries will definitely not be accepted.

Your coach is there to give help & advice on your child's swims at North Lancs. Please consult with them over your child's swims. Times submitted will be checked by your coach before the entry is submitted.

Can I also please ask you to make your cheques payable to Preston Swimming Club for all open meet gala's we attend.

WARRINGTON & BOLTON METRO MEETS.

Due to the coaches being at either of the above meets training for levels 3 & 4 on Saturday 06 December and Sunday 07 December will be cancelled.

We have not as yet heard if our entries have been accepted at either meet we will of course inform you as soon as we hear anything.

Training for Levels 3 & 4 on Tuesday 25th November has been cancelled due the Annual General Meeting. Please make every effort to attend this important date.

Many Thanks for your understanding in these matters & if you have any further queries please just ask your coach who will be happy to help.