

Hi Junior Swimmers & Parents

I hope you are well, here is a little update to let you know what we have planned so far in 2020 for our junior and youth sessions.

Junior Mini Workshops - Next Dates Released



Our next dates for our Junior Mini Workshops for March, May and June have been released and are now bookable on the system. These sessions take place at Milton Road Baths in Swindon. I was hoping to run a session in April also (just before regionals) however due to other swim meets and pooltime availability this is looking unlikely. I will let you know if this changes.

Dates and booking links

[March 1st. 12:30-15:15](#)

[May 17th. 12:30-15:15](#)

[June 21st. 12:30-15:15](#)

Junior Video Analysis Half Term Special



With Half term coming up we will also have some very limited session times for our Front Crawl Video analysis sessions. These will be reduced to £45, but we only have a few sessions available over the first 3 days of half term.

Search for a session [here](#)

Junior Introduction to Open Water Swimming at Lake86

New for 2020 in Conjunction with [Cotswold Water Park Hire](#) (Lake86)

Junior Introduction To Swimming at Lake86 - First Date Bank holiday Friday, 8th May.

Juniors aged 11-16 years need to be signed off as competent to be able to swim at Lake86. We have teamed up with the guys at Lake86 to provide a lake specific session that will cover safety,

basic open water skills, and the 400m test swim so that the young swimmer can then (if they pass) swim at the lake in future sessions without a coach present.

The cost of this session is £30 and includes:

- All Coaching Services.
- [Cotswold Water Park Hire](#) Lake Entry Fee for the day.
- A [SwimSecure](#) Tow Woggle (to keep).
- A level 1 [Swim England](#) Open Water Swimming Certificate & Badge (if the course is passed).
- Access to the Swim Smooth Guru for 30days so the swimmer can learn more about open water skills.

This session does not include wetsuit hire (a wetsuit is required). We are able to offer Zone3 wetsuits to order, contact us to discuss in plenty of time if required.

Please note: Swimmers MUST be able to swim 400m front crawl. Attendance of this course does not guarantee access to the lake if the test swim or other aspects of the session are failed, participants must pass the course for sign off.

[Book your spot on our first session here](#)



NEW for 2020 - Junior Open Water Squads

For 2020 we are looking at organising a Junior Open Water session, this will likely be a fortnightly training session and will focus on skills and training sets. It will be a different feel to our open water summer camp, with more swim oriented training sets being included in the session (our summer camp is mostly skills based).

If this is of interest to your swimmers please let me know so I know that a demand is there for this session type. As always we will be aiming these sessions at swimmers with a county level time in front crawl, preferable over the 200m or 400m distance, age range 11-15.

This will be open to individuals and also triathlon and swimming clubs, so please share with

your team if you feel it would benefit your club, and ask them to contact me on jason@southwestswim.co.uk

Anything Else?

Our Junior sessions are an area we are looking to grow in 2020, so is there anything else you would like to see us offer? do differently? do more often? if so let us know and we will see if we can do anything.

South West Swim junior sessions are not looking to replace your swimmers existing club, we aim to complement their existing training and bring some new ideas or focused sessions to help them develop their swimming. In the next few weeks we will be contacting various clubs around the region to see if we can offer any additional services to assist with their programs, both in the pool and the lakes. Please pass on our details to your club coaches / officials if you feel this would be of interest to them.

See you all in a session soon