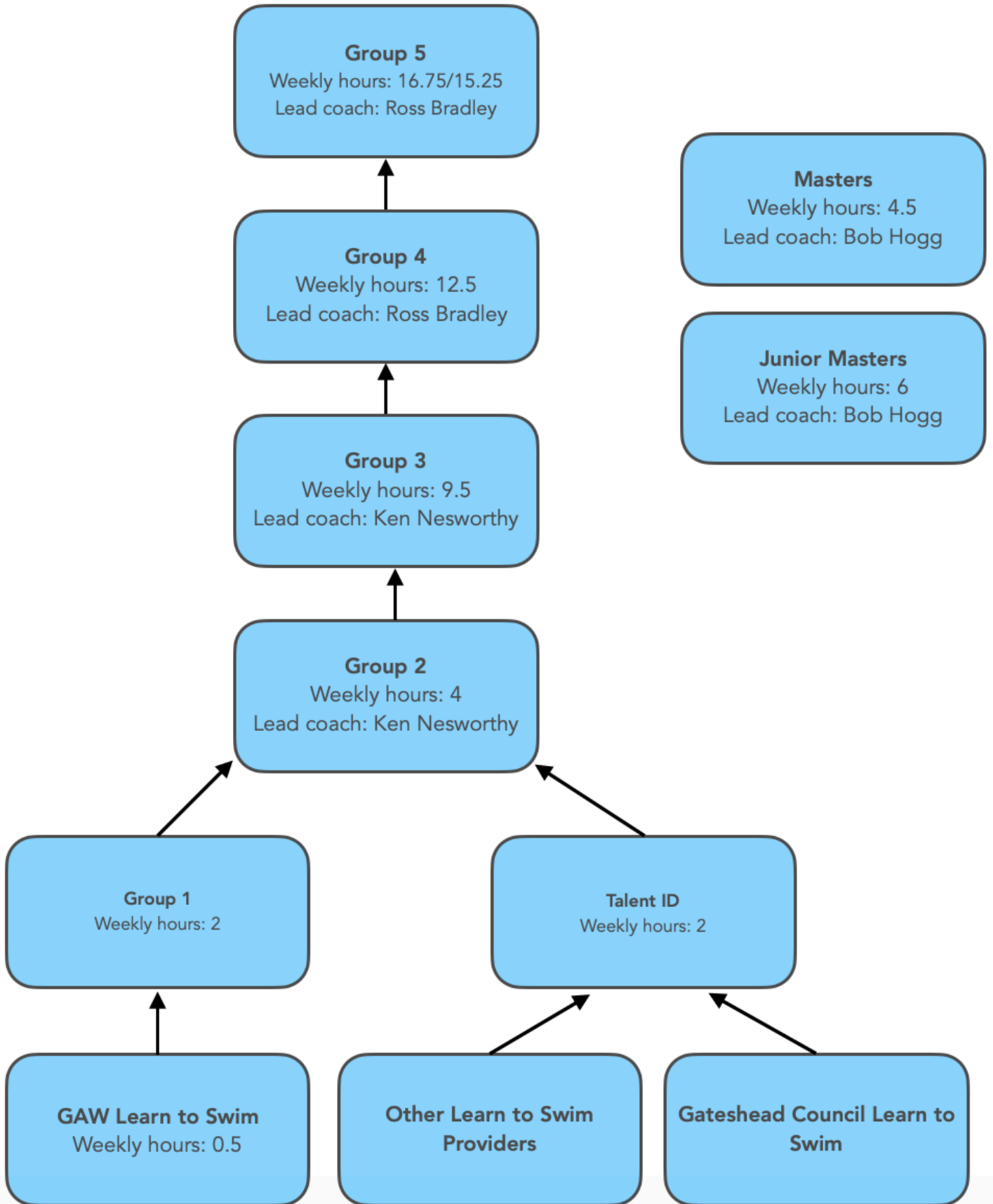




Junior Masters Information Pack

GAW Group Structure



Timetable

Day	Venue	Session Time
Tuesday AM	Elswick	05:30 - 07:00
Wednesday PM	Dunston	19:30 - 21:00
Saturday AM	Dunston	08:30 - 10:00
Sunday PM	Elswick	17:30 - 19:00

Arrival

Swimmers should arrive at least 5 minutes before the session start times. It would be good practice to continue a more formal pre-pool routine.

Attendance

Junior Masters is for swimmers aged 16+ who want to continue swimming within Gateshead & Whickham, but with less of a criteria attached. There is no minimum attendance requirement.

Competitions

Junior Masters swimmers are able to compete. Swimmers should consult with Ross to see which competitions may be appropriate.

Performance

There is no performance requirement in Junior Masters.

Progression

Upon reaching 19, swimmers are able to move to the Masters group.

Training Equipment List

Swimmers are likely to need the kit which they have already had in previous groups. This will generally be a kickboard, fins, paddles and a pullbuoy.