



## Open Water Swimming Development

The North West Region is introducing some exciting new opportunities in Open Water Swimming. Due to the sports inclusion in the 2012 Olympics we feel the time is right to provide taster and development opportunities to the Swimmers from North West Region Clubs. A new National Development Plan for Open Water Swimming will be launched in Sept 08 by Sport England and the NW Region will be providing the actual open water experience to attract and prepare interested swimmers prior to the September initiative.

We will be organising a series of 'Taster Sessions' at Salford Quays and would like to invite any swimmer interested who would meet the desirable criteria below.

- Aged 13 and over
- Capable of Swimming under 5 Minutes for 400 Metres FC
- Training a minimum of 10 Hours a week at their club
- Possess a willingness to learn, follow stringent Health and Safety guidelines and an enthusiasm for Long Distance Swimming in an Open Water environment

If you are interested the taster session would involve –

- A Short Presentation on Open Water Swimming, associated risks and necessary safety precautions. [15 Minutes]
- Health and Safety Advice & Guidelines distributed
- Parental Consent forms signing
- Open Water Taster Session for 60 Minutes in Salford Quays
- Feedback Meeting

If you wish to participate in any of the taster and development sessions that we are organising throughout June, July & August then please contact [diane.stafford@swimming.org](mailto:diane.stafford@swimming.org) with your preferred date and we can send you further details.

Taster Sessions on June 28<sup>th</sup> and July 5<sup>th</sup> from 11 – 1:30  
Additional Development Sessions TBC will be organised for those who have attended a Taster Session.

Yours Sincerely

John Stout