

VERULAM SWIMMING CLUB

(Affiliated to ASA East Region)

www.verulam-asc.org.uk

TRIALS

Verulam run trials every 6 – 8 weeks. The trials are advertised on the Bricket Wood Sports Centre Notice Board, Club website and at local schools,

Initially a potential member would contact the Trials Co-Ordinator who will complete the Trial Application (VASC 21a) asking for contact and medical details. It is very important that medical details are taken.

The potential member will be invited to come for a trial. They will be given a Thank You letter and Fact Sheet. They will be requested to swim two lengths of each stroke followed by 4 continuous lengths so that they can be assessed by one of our Coaches on stroke work and stamina. Ideally we would also like to see them attempt a dive and attempt a tumble turn. They will then be invited to join the rest of the session.

The coach will then decide if they are at an acceptable standard and decide which squad they would be best suited to.

Upon acceptance they will receive a letter confirming which squad they have been selected to join. The letter will inform them of fees and an Induction date and time. They will also receive a Membership Application Form (VASC 21), a photograph consent form (VASC 17) and an ASA Registration Form. If it had been identified on the Trial Application that the potential member suffers from Asthma or Epilepsy then an ASA Asthma and the Competitive Swimmer information sheet or the Verulam Epilepsy Procedure would also be included.

Once fees have been received the swimmer will come for an Induction (VASC 18a) whereby introductions will be made, safety rules and lane discipline discussed. Code of Conducts for Swimmers and Parents/Carers (VASC 8 a & b) are given together with the Verulam New Member Information Pack (VASC 20). A training programme (VASC 38), information on the shop and a few of the latest newsletters are also given.

The swimmer is then invited to join the session.

Should anyone not be at an acceptable standard a Thank You letter is sent and we would ask them to try again at a later date.

For further details, please ring 01727 833308

