Welcome to our Summer Newsletter!

Welcome to this edition of the Boston Amateur Swimming Club’s newsletter. I hope you find the information inside both useful and informative.

Quite a bit has happened since our last newsletter.

In **November 2015** we held our 11th annual Open Meet at the Meres centre in Grantham. The Open Meet was another outstanding success with it being full after only six weeks of opening to clubs in and around Lincolnshire. I would like to thank all our sponsors for their continued support of the Boston Open Meet. Also all the officials and helpers who made this event possible without their help we would not be able to run the Open Meet.

We are once again in the process of organising our 2016 Open Meet being held on the weekend of the 19th & 20th November at the Meres centre in Grantham. As in previous years we are looking for sponsors for the Open Meet there are many ways to sponsor or help at this meet so please don’t hesitate to contact any committee member or myself if you would like to sponsor or support the clubs Open Meet.

In **March 2016** the club achieved the ASA Swim21 accreditation. What is swim21? Swim21 accreditation is the ASA’s ‘quality mark’. It recognises nationally the club’s that are committed to providing safe, effective and quality services for the benefits of swimmers.

But swim21 is not a badge of honour. It is the ASA’s Club Development model – a planning tool, based on the principles of Long Term Athlete Development, enabling clubs to help athletes, teachers, coaches and administrators to achieve their full potential. It focuses on the needs of the athletes striving to provide them with the best possible support and environment.

**Changes ahead**

Our pool partnership ends its five-year agreement in September which has been beneficial to all parties involved. We are now in talks with the Borough Council and the Witham Schools Academies Federation and are working towards another partnership agreement.

From September there will be several changes happening:

- All afternoon squad training will now take place in the training pool with the masters section being the only ones to use the Leisure pool this will help to reduce the cost of pool hire to the club. There is now a new timetable that will come into use when we return from our summer break in September. Please make sure that you are aware of the new training times of the squad you’re in.

- Development/Senior squad has now had to be split into two squads because of the number of swimmers in this squad which had reached almost full capacity. This will in the future enable us to increase the number of swimmers in both of these squads, enabling swimmers to progress through the squads to reach their full potential.

In **October and April** we held mini galas for the Sharks and Silver squads and it was well attended, this gala gives our younger members of the club a taster to competitive swimming without any pressure and hopefully it was an enjoyable experience for them. Look out for the next mini gala which will be held in October.

In **June and July** we held our annual club championships well done to all those that participated and I hope you all managed to achieve your aims or goals. The girls were really on fire this year breaking numerous Championship records. Thank you to all officials and helpers for your support in running this year’s championships.

Finally I would like to take this opportunity to wish you all a good summer break and hope to see you all back in September.

*Peter Hockerston*
*Club Chairman*
In September 2015 I knew, due to the changes that the ASA had made, we needed to hit the ground running.

The main changes were for major championships with ages as at the end of the year. The other main change was the new competition windows. This meant that the County Championships had to move to January-February and the closing date was moved to December.

We moved our open meet to November so it could still be a last opportunity to gain County qualifying times.

The Committee changed the criteria for Performance squad to allow swimmers without a County time to train in this squad as lot of swimmers were jumping two years. Oliver Abrantes was one of these swimmers that benefited from this decision and has now gained qualifying times for 2017.

In the Lincolnshire County Championships, we won 18 Gold medals with Joseph Vickers winning 10 Golds. We won 16 Silvers and 13 Bronze medals.

Connor Boyfield, our S9 disability swimmer, competed at the National Championships in December finishing 2nd in the 200 Individual Medley and 3rd in 100 Butterfly. Connor also qualified for the International Para Olympic trials in Glasgow. In the 100 Butterfly, Connor finished 2nd in his category to Adam Karas of Germany. This meant Connor finished as the fastest GB swimmer in the S9 classification.

Three swimmers competed at the Scottish age group Nationals. Harley Maddison won two Bronze medals in the 100 and 200 Butterfly. Our Scottish swimmer, Kieva Clegg, made two finals in the 200 Butterfly and 400 Individual Medley.

**Medals at Midlands**

This was also great preparation for the first East Midlands youth Championships and every swimmer made the finals with Harley Maddison and Kieva Clegg both winning Silver in the 200 Butterfly.

In the East Midlands age groups Championships, we had three finalists with Joseph Vickers winning Gold in the 200 Butterfly and 400 Freestyle and silver in the 1500 Freestyle.

Kieva travels to Aberdeen for the Scottish Nationals while Connor Boyfield, Lewis Bontoft and Harley Maddison all compete at the English Nationals.

We are top of the League in the Anglian League and the final is to be held in Boston on the 24th September. In the Fenland league we should make the A final but the last two rounds have been little bit disappointing although some swimmers did break the cut off times.

I feel we’ve had a fantastic season and the open meets we attended were very beneficial giving swimmers an opportunity to gain qualifying times, rankings for national competitions, or just experience and opportunity to gain best times.

We finish training on Friday 29th July.

I would like to thank my coaching staff especially Sarah who looks after the club’s younger swimmers and her own Club squad. The club would be lost without her hard work. Stephanie helps on Friday and Saturdays; she is great with the younger swimmers. Jemma and Gwion take the Masters sessions.

A big thank you to the committee for their support and hard work.

I’d like to thank Adrian Reed for his support to the club via the partnership. This helped us get the training pool open again and the Club to gain a firm financial footing. Those five partnership years have now come to an end and the Club is going to have to stand on its own two feet again.

I wish the swimmers a restful break and hope you all come back focussed and eager to achieve your aims in the new season.

*Ian Wells*
Looking ahead to next season - Coach’s Report continued

Sarah starts training on Saturday 3rd September - the day I fly home from my holiday. Check the NEW training timetable to make sure you know what squad you are in and what times you will train.

Performance squad will be training at Coventry on Saturday 17th and Sunday 18th September.

For those in Performance Squad you will have had an interview with me and the changes to the criteria will be explained to you, if it is your first season in this squad then you have to do a minimum of 9 hours per week, if this is your second year or more you now have to do either Tuesday morning (Backstroke) or Thursday (Fly/Breast) morning, but you are allowed to do both if agreed by me. The other change is that you now have to do a minimum of 11 hours per week. The criteria for each squad are explained in more depth in the newsletter.

Development and Senior squad have now been split and have their own training times. This is due to health and safety as we are getting close to 30 swimmers wishing to train on the same evening. I will be taking both these squads and the training will be different, I will be training Development squad aiming to move into the Performance squad in the future, whilst a lot of Senior squad have been in Performance and not want to commit to the 11 hours so I’ll be doing different training with them.

You should have entered Deepings and Boston Open Meets. I must remind everybody that Boston Open Meet is the Club’s major fund raising event and we need sponsors. We have our major sponsor but also need session sponsors and race sponsors. Don’t forget we need parents gaining their time keepers and judges qualifications so we can run our meet to the standard the ASA requires for a level 3 Meet. If the club fails to raise enough money you will see the standard of the Club and swimmers fall as they will no longer have a qualified coach. I hope to follow the same programme as last season. This year the Northampton Christmas meet is going to be Level 3 and be held at Corby 50-metre pool so we will need to get the entries in early. Hopefully we will also go to Leeds. This is a good meet especially before the County Championships.

Scottish Nationals is good meet for swimmers that need to get into the top 30 swimmers for Nationals rankings. We will attend a meet just before the closing date of the East Midland Championships as last chance to gain a qualifying time.

Sarah starts training on Saturday 3rd September - the day I fly home from my holiday. Check the NEW training timetable to make sure you know what squad you are in and what times you will train.

Performance squad will be training at Coventry on Saturday 17th and Sunday 18th September.

For those in Performance Squad you will have had an interview with me and the changes to the criteria will be explained to you, if it is your first season in this squad then you have to do a minimum of 9 hours per week, if this is your second year or more you now have to do either Tuesday morning (Backstroke) or Thursday (Fly/Breast) morning, but you are allowed to do both if agreed by me. The other change is that you now have to do a minimum of 11 hours per week. The criteria for each squad are explained in more depth in the newsletter.

Development and Senior squad have now been split and have their own training times. This is due to health and safety as we are getting close to 30 swimmers wishing to train on the same evening. I will be taking both these squads and the training will be different, I will be training Development squad aiming to move into the Performance squad in the future, whilst a lot of Senior squad have been in Performance and not want to commit to the 11 hours so I’ll be doing different training with them.

You should have entered Deepings and Boston Open Meets. I must remind everybody that Boston Open Meet is the Club’s major fund raising event and we need sponsors. We have our major sponsor but also need session sponsors and race sponsors. Don’t forget we need parents gaining their time keepers and judges qualifications so we can run our meet to the standard the ASA requires for a level 3 Meet. If the club fails to raise enough money you will see the standard of the Club and swimmers fall as they will no longer have a qualified coach. I hope to follow the same programme as last season. This year the Northampton Christmas meet is going to be Level 3 and be held at Corby 50-metre pool so we will need to get the entries in early. Hopefully we will also go to Leeds. This is a good meet especially before the County Championships.

Scottish Nationals is good meet for swimmers that need to get into the top 30 swimmers for Nationals rankings. We will attend a meet just before the closing date of the East Midland Championships as last chance to gain a qualifying time.

Masters Swimming

If you enjoy swimming for fitness or sport the masters section is what you are looking for, so come along and train with a dedicated team. You are invited for a free taster trial on which ever evening suits.

The Masters contingent swims Monday, Tuesday and Thursday evenings. May I also remind all Master Swimmers that information regarding the Master County Championships is to be held at The Meridian Leisure Centre Louth on 9th October 2016, warm up 2pm, for a 2.45pm start. The entries will be on the website shortly. This will be a card less meet. If anyone wishes to be handed an entry form, please see Sarah.

May I remind all swimmers the last Monday session will be 25th July, however we will continue to swim during the holidays as from 26th July, Tuesdays an earlier time of 8pm-9pm and Thursdays 9pm-10pm (Leisure Pool)

Training will return to normal Monday 5th September. Please note a new time of 9pm-10pm for Mondays still in the training pool, Tuesday and Thursday 9pm-10pm as usual in the Leisure pool.

Please also note a change of fees from September for this squad. We will be increasing the fees to £34 a month for Standing Order swimmers (£17 per month for senior citizens). Pay as you go remains at £5 per session.

For anymore details please don’t hesitate to contact Sarah Goodale on Boston 01205 363483.

Sarah Goodale, Assistant Coach
Update from the Secretary

It’s quickly coming to the end of my first year as the club secretary. I would like to take this opportunity to thank the coaching staff, committee members, parents and swimmers for their support and help over the last year. It’s been a pleasure to be involved in a very successful year in and out of the pool.

Now the partnership is soon coming to an end it’s reassuring to know that the club is in a strong position and is looking forward to many more successful years.

In the pool the swimmers have had success at National, Midlands, County level as well as a strong year in the Anglian League. It has also been great to see some of our young swimmers coming through and competing in the Fenland League.

Out of the pool the club has achieved their swim 21 accreditation which has been down to lots of hard work by the club in the background.

Club Championships

We have just completed another successful club championships with many championship records being broken, trophies and medals won. It has also been a great opportunity for one young swimmers to get their first taste of competition. Can I also say thank you to all the officials and helpers over the two weekends.

The club needs you

If any parents would like to help the club with time keeping, team managers or poolside helping please have a word with Paul Hart or Sheli Scott. The club cannot run without the ongoing support of our volunteers.

Changes from September 2016

There is a new training timetable attached with the new training times from September 2016 and also a copy of the new fees also from September 2016. There have also been some changes made to the squad criteria.

Keeping informed

You can find lots of useful information on the club website, it is really easy to keep up to date with what’s happening. You can also follow us on Facebook and Twitter. Otherwise please keep checking the notice boards for regular updates.

Contacting me

If any parent would like to contact me my contact details can be found on the noticeboards, but also feel free to have a word with me at any time poolside, I am pool side most nights.

The new season

I would like to wish all our swimmers and parents a happy holidays and will see you all back on the 2nd of September ready for another season.

Ian Harrison
Club secretary

Our Club Needs You!!!

Our club and events are managed by a group of dedicated volunteers as well as the coaching staff.

Did you know the Club Committee, Team Managers are all volunteers?

They give up their time so that your children can compete at a competitive level and fulfil their potential.

To find out how you can get involved with time-keeping, helping poolside, fundraising etc please speak to a Committee member for more details!
Changes to Fees and update from Treasurer

As I write this, the current Partnership Agreement between the Club, Witham Schools Academy and Boston Borough Council is in its final few months. This year, Chairman Pete Hockerston and myself have met regularly with all partners and should be finalising the next stage of our Partnership.

As part of the original agreement, the Club had to raise £30,000 over the lifetime of the partnership to contribute towards the costs of redevelopment of the Training Pool and this will be handed over in September.

Looking to the future, the Committee knows we have to raise even more to cover the rising costs that we face—pool hire, coaches wages and expenses and costs from the ASA are just the tip of the iceberg.

I’m pleased to report that there will not be too many changes to the squad fees this year, with only Juniors and Master squads seeing a small increase of £1 per month. Futures and Club squad fees will see a small reduction due to the loss of overall training hours from the new programme in September. Please make sure you are paying the correct fees for the squad your child is in. Fees are calculated to cover the annual pool hire and standing order fees calculated over the full 12 months of the year. If fees are not paid in August they will be collected in September.

We will be increasing the charges for Match Fees when a bus is required to transport our swimmers to league meets. We are already aware of at least four Fenland galas next year where a bus will be required and at nearly £350 a time to hire a bus, we need to increase the match fees to £4 for a swimmer and £5 for each spectator. If you attend these galas but choose to go by car, you will be asked to pay for the swimmer’s match fee.

Finally, we will be increasing the one-off Membership fee to £25. Annual membership is applicable to all squad members in Silver squad upwards in September. Category 2 membership will be announced later in the year when the ASA lets us know what this will be.

The £25 Membership is broken down into fees payable to the ASA:

- Approx £9 is payable to the ASA.
- Approx £4.00 is payable to the East Midlands ASA
- Approx £1.50 is payable to Lincolnshire ASA
- The Club keeps just £10.00 of this annual membership fee.

I wish to remind parents that if your child is a pupil/student at any of the schools within the original Boston Witham Academies Federation and is in Silver squad upwards, please let me know. As part of the Partnership with the Federation, swimming fees are paid for by the school on receipt of a claim form. We are aware that this is due for review by the Federation, and will await further instruction.

Thanks all for your support over the last 12 months, have a wonderful summer and I look forward to seeing you all in September.

Katy Roberts
Treasurer and Membership Secretary

Fond farewell to my Club swimmers

As the new season starts, Club Squad will now be under the guidance of Head Coach.

As a change in the swim programme it was increasingly difficult for me to continue to coach club squad. There are swimmers in the squad that first joined when we started, and new swimmers that have recently joined. I would like to wish all club swimmers all the best and thank you all for your support during the last three years, and wish you all continued success.

Sarah, Assistant Coach

Follow us  Facebook Boston Amateur Swimming Club  Twitter BostonASC
Squad Criteria from September 2016

To stay in Performance, Development & Seniors you must meet the squads criteria each season.

Performance Squad -
- You must enter the long distance, club championships, club open meet in November and the county championships, Midlands and Nationals if gained a qualifying time. You will be accompanied by a Coach.
- You will train for a minimum of 9 hours a week with the Club and at least one morning session. In your second year you need to attend one of the invitation mornings (Tues/Thurs) and train for a minimum of 11 hours a week with the club.
- You will train using correct turns, breathing every three strokes on freestyle, using correct strokes, drills, IM spin turn and have a positive attitude. You will not miss your take off times nor answer the coaching staff back.
- You will be expected to attend Open Meets recommended by Coach during the season. You may also be selected to swim for the Club in the Fenland League and Anglian League. If you have been selected for league event you can only decline two of these events in the season.
- If a swimmer leaves the performance squad for 4 months or more they will be classed as a swimmer in their first year again on their return.

Development squad -
- You will train for a minimum of 5 hours a Week with the Club.
- You must enter the club championships.
- You will train using correct turns, breathing every three strokes on freestyle, using correct strokes, drills and have a positive attitude.
- You will be expected to attend Open Meets recommended by the Head Coach. You may also be selected to swim for the Club in the Fenland League and Anglian League. If you have been selected you can only decline two of these events in a season. A team sheet with those who have been selected is posted on the notice board in advance. Dates for these events are on the website and notice board for the season.
- You are expected to enter the County and Midland championships if a qualifying time is gained. You will accompanied by a club representative.
- At the beginning of the season (September) if a swimmer is 13 years of age at the 31/12 they will not be eligible to swim in the Development squad.

Senior squad -
- You will train for a minimum of 5 hours a Week with the Club.
- You must enter the club championships.
- You will train using correct turns, breathing every three strokes on freestyle, using correct strokes, drills and have a positive attitude. You will not miss your take off times nor answer the coaching staff back.
- You will be expected to enter open meets recommended by the Head Coach, you must do at least 3 meets per season 1 being the Boston open meet. A team sheet with those who have been selected is posted on the notice board in advance. Dates for these events are on the website and notice board for the season.
- You are expected to enter the County and Midland championships if a qualifying time is gained. You will accompanied by a club representative.
- At the beginning of the season (September) the minimum age to swim in the senior squad will be 13 years of age at the 31/12.

Club Squad -
- If after being in Development, Seniors or Performance, you may find you cannot meet all of the criteria for the squad you are in. After consideration from the Coach this may be the squad for you.
- In Club Squad there is less pressure than the main competitive squads of Performance, Development/ Seniors but you will still be expected to train using the correct turns, do your drills correctly and have a positive attitude. You will not miss your take off times nor answer the coaching staff back.
- There is no minimum amount of training hours.
- You may also be selected to swim for the Club in Galas, Open Meets, Fenland League and Anglian League, but there will be no pressure to do so.
- You may go back into Development/Seniors at the recommendation of the Coach.
- You can only be in this squad from the age of 11 and over and on the recommendation of the coaches.
Annual General Meeting 2016—Important Information

In accordance with our Club Rules nominations are required in writing for all positions up for election this year by September 10th. A third of the committee goes up for election every year and each position is a three year term. Nominations cannot be made at the AGM which is being held on October 28th. We rely on volunteers to help run the Club so if you would like to find out more please get in touch with me or any of the club officers. I would like to say thank you to all those that volunteer, teach and coach at the pool. Without volunteers we cannot run galas and send our teams to league events. Another good way to support the club if you don’t want to join the committee is to help as a Time Keeper or poolside as a Team Manager. Full training is provided for these roles and it’s a lot more interesting than just watching.

If you ever require any information please contact the secretary - ianharrison.basc@gmail.com

Positions to be elected are as follows:

<table>
<thead>
<tr>
<th>Officers</th>
<th>Present holder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vice Chairman</td>
<td>Vacant</td>
</tr>
<tr>
<td>Treasurer and Membership Secretary</td>
<td>Katy Roberts</td>
</tr>
<tr>
<td>Trophy Trustee</td>
<td>Andrew Clegg</td>
</tr>
<tr>
<td>Minutes Secretary</td>
<td>Vacant</td>
</tr>
<tr>
<td>Transport Manager</td>
<td>Nicola Bower</td>
</tr>
<tr>
<td>Open Meet Secretary</td>
<td>Sheli Scott</td>
</tr>
</tbody>
</table>

All nominations must be signed by the proposer, the seconder and the nominee confirming they are prepared to stand. All nominations should be returned to the Secretary, Ian Harrison.

Nomination Form

To Secretary Boston Amateur Swimming Club

We would like to nominate…………………………………………………………………………………………………………………………………………

For the position of ……………………………………………………………………………………………………………………………………………

On the Executive Committee at the forthcoming AGM.

Signed ……………………………………Proposer

Signed…………………………………….Seconder

I confirm that I am willing to stand for election for the above

Position………………………………………………………………………………………………………………………………………………

All nominations must be received by September 10th.
Why I officiate.... By Sheli Scott

Thank you to all the people who became involved over the season with Fenland Leagues, Open Meets and Club Champs in whatever capacities.

If you did some timekeeping for us, here is my personal take on why it is good to become a licensed official:

1. To support the Club that supports your swimmer/s.
2. To forge good relationships and friendships with other Club parents/supporters/officials.
3. To increase and improve your knowledge of the ASA laws and FINA rules, and from there help you to understand why and how a swimmer gets disqualified.
4. To help you realise that those stood on poolside in white are not there to remove as many swimmers as possible.... We don't WANT or try to DQ, we just uphold the rules.
5. With qualified officials we can help out other Clubs and they in turn will help us out.
6. Increasingly, Open Meets are demanding your Club provide one Official for every 6 swimmers. If we are unable to do this, your swimmers will no longer be eligible to attend these events.
7. You are guaranteed a good view of the event, in a warm, dry (except from the splashes) place, to see your swimmers swim. This is especially beneficial at the Tulip Meet or other meets where they operate a one in one out system for spectators.
8. As you progress you can volunteer for some amazing events, with expenses paid, such as Nationals, International Meets and even European Championships..... Amazing experiences!

So, if you enjoyed your experiences this weekend, please consider becoming a licensed judge, it's not that scary, you won't be expected to officiate at every Meet or Gala, and we are a proper friendly lot!!

I am very pleased to say Silver and Sharks have been working and progressing well.

April saw their ‘Mini Champ Gala’, again being a great success. It always highlights the talent that will be coming through. Parents if I can remind you a date for your diaries, Saturday October the 8th will be their next Gala, a gentle reminder will be sent out nearer the time explaining entry details.

As you will have read Head Coach’s report, regarding the change in our swim programme, this now allows Silver and Sharks to train every session in the training pool. Sharks swim a minimum of once a week. You may also swim on the other ‘TWO’ sessions at no extra cost. Please continue to book ALL your chosen sessions at the Leisure pool reception. May I remind parents that the monthly fee is payable at the Leisure pool reception before the first lesson of every month.

Please look at the ‘NEW’ swim timetable attached.

A fun splash session for Sharks and Silvers will take place on Saturday 23rd July and I’d also like to wish you all a happy and safe holiday and look forward to seeing you ALL return fresh for the new season.

Sarah Goodale
Assistant Coach
### Training times from September 2016

<table>
<thead>
<tr>
<th>Day/Pool</th>
<th>Start</th>
<th>End</th>
<th>Squad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L/P</td>
<td>5.45</td>
<td>7.15</td>
<td>Perf/Dev/Seniors</td>
</tr>
<tr>
<td>Training pool</td>
<td>16.30</td>
<td>17.30</td>
<td>Future/Juniors</td>
</tr>
<tr>
<td>Training pool</td>
<td>17.30</td>
<td>19.00</td>
<td>Performance</td>
</tr>
<tr>
<td>Training pool</td>
<td>19.00</td>
<td>20.00</td>
<td>Development</td>
</tr>
<tr>
<td>Training pool</td>
<td>20.00</td>
<td>21.00</td>
<td>Seniors/Club</td>
</tr>
<tr>
<td>Training pool</td>
<td>21.00</td>
<td>22.00</td>
<td>Masters</td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L/P</td>
<td>5.15</td>
<td>7.15</td>
<td>Backstroke/Invited</td>
</tr>
<tr>
<td>Training pool</td>
<td>16.00</td>
<td>17.00</td>
<td>Sharks/Silver</td>
</tr>
<tr>
<td>Training pool</td>
<td>17.00</td>
<td>19.00</td>
<td>Performance</td>
</tr>
<tr>
<td>Gym Session</td>
<td>17.30</td>
<td>18.30</td>
<td>Dev/Seniors</td>
</tr>
<tr>
<td>Training pool</td>
<td>19.00</td>
<td>20.00</td>
<td>Development</td>
</tr>
<tr>
<td>L/P 2 lanes</td>
<td>20.00</td>
<td>21.00</td>
<td>Seniors</td>
</tr>
<tr>
<td>Leisure pool</td>
<td>21.00</td>
<td>22.00</td>
<td>Masters</td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L/P</td>
<td>5.45</td>
<td>7.15</td>
<td>Perf/Dev/Seniors</td>
</tr>
<tr>
<td>Training pool</td>
<td>16.00</td>
<td>17.00</td>
<td>Future/Juniors</td>
</tr>
<tr>
<td>Training pool</td>
<td>17.00</td>
<td>19.00</td>
<td>Performance</td>
</tr>
<tr>
<td>Training pool</td>
<td>18.30</td>
<td>19.30</td>
<td>Development</td>
</tr>
<tr>
<td>Gym Session</td>
<td>18.45</td>
<td>19.45</td>
<td>Performance</td>
</tr>
<tr>
<td>Training pool</td>
<td>19.30</td>
<td>20.30</td>
<td>Seniors/Club</td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L/P</td>
<td>5.15</td>
<td>7.15</td>
<td>Fly/Breast/Invited</td>
</tr>
<tr>
<td>Training pool</td>
<td>16.30</td>
<td>17.30</td>
<td>Sharks/Silver</td>
</tr>
<tr>
<td>Training pool</td>
<td>17.30</td>
<td>19.00</td>
<td>Performance</td>
</tr>
<tr>
<td>Training pool</td>
<td>19.00</td>
<td>20.00</td>
<td>Development</td>
</tr>
<tr>
<td>Training pool</td>
<td>20.00</td>
<td>21.00</td>
<td>Seniors/Club</td>
</tr>
<tr>
<td>Leisure pool</td>
<td>21.00</td>
<td>22.00</td>
<td>Masters</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L/P</td>
<td>5.45</td>
<td>7.15</td>
<td>Perf/Dev/Seniors</td>
</tr>
<tr>
<td>Training pool</td>
<td>16.30</td>
<td>17.30</td>
<td>Future/Juniors</td>
</tr>
<tr>
<td>Training pool</td>
<td>17.30</td>
<td>18.30</td>
<td>Perf/Seniors</td>
</tr>
<tr>
<td>Training pool</td>
<td>18.30</td>
<td>19.30</td>
<td>Development</td>
</tr>
<tr>
<td>Training pool</td>
<td>19.30</td>
<td>20.30</td>
<td>Seniors/Club</td>
</tr>
<tr>
<td>Gym Session</td>
<td>19.45</td>
<td>20.45</td>
<td>Performance</td>
</tr>
<tr>
<td>Training pool</td>
<td>20.45</td>
<td>21.45</td>
<td>Seniors/Club</td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Training pool</td>
<td>7.45</td>
<td>9.15</td>
<td>Perf/Seniors</td>
</tr>
<tr>
<td>Training pool</td>
<td>9.15</td>
<td>10.15</td>
<td>Development</td>
</tr>
<tr>
<td>Training pool</td>
<td>10.15</td>
<td>11.15</td>
<td>Future/Juniors</td>
</tr>
<tr>
<td>Training pool</td>
<td>11.15</td>
<td>12.15</td>
<td>Sharks/Silver</td>
</tr>
</tbody>
</table>

Training ends on Friday 29th July 2016 and resumes on Saturday 3rd September 2016
Charges for 2016/17

**ANNUAL MEMBERSHIP FEES (all swimmers in Silver squad upwards)** due September 2016 - £25

**ASA Category 2 Membership (Competitive swimmers only)** due by February 28th 2017 or as required for new swimmers - £20 (TBC subject to ASA charges)

**Squad Fees**

It is more economical to pay by Standing Order

<table>
<thead>
<tr>
<th>Monthly Squad Fees</th>
<th>Preferred Method (STANDING ORDER FEES SPREAD OVER 12 MONTHS)</th>
<th>Cash or Cheque Fee (MUST BE PAID WITHIN MONTH FEE RELATES TO OR LATE FEE INCURRED - NO FEE IN AUGUST)</th>
<th>Fee if paid late</th>
</tr>
</thead>
<tbody>
<tr>
<td>Performance</td>
<td>£60</td>
<td>£65</td>
<td>£68</td>
</tr>
<tr>
<td>Development</td>
<td>£50</td>
<td>£55</td>
<td>£58</td>
</tr>
<tr>
<td>Seniors</td>
<td>£50</td>
<td>£55</td>
<td>£58</td>
</tr>
<tr>
<td>Club</td>
<td>£34</td>
<td>£39</td>
<td>£42</td>
</tr>
<tr>
<td>Future</td>
<td>£40</td>
<td>£45</td>
<td>£48</td>
</tr>
<tr>
<td>Juniors</td>
<td>£36</td>
<td>£41</td>
<td>£44</td>
</tr>
<tr>
<td>Silver</td>
<td>£28</td>
<td>£33</td>
<td>£36</td>
</tr>
<tr>
<td>Masters—Half price for pensioners, all Masters sessions are available on a pay as you go basis</td>
<td>£34</td>
<td>£39</td>
<td>£42</td>
</tr>
</tbody>
</table>

**Sharks** - £28 (Fees are paid at the Pool reception who collect Shark Fees on behalf of the Club.

**PAY AS YOU GO CHARGES**

**Masters** - £5.00

Open Meet Levy - Dependent on Level of Meet and distance from Boston - £10, £15 or £25.

Away Gala Fees where transport is provided - This will be collected if swimmer travels by car instead of bus

Swimmers Match Fee - £4.00

Spectators Bus Fee - £5.00