



Sevenoaks Swimming Club

Founded 1915

Affiliated to: ASA South East Region, Kent County ASA, RLSS

Application Form

Anyone wishing to be considered for membership of Sevenoaks Swimming Club must complete this form. Applicants for the swimming section of the Club will then be invited to attend one of the regular trials, generally held once a term. All applicants must be at least six years of age at the time of the trial.

Applicants should have reached a minimum standard equivalent to that of Level 7 of the ASA's National Teaching Plan for Swimming (NPTS) ie: able to swim legs only with an efficient leg action for Front Crawl, Back Crawl and Breaststroke, and able to swim 25m of the three strokes with basic technique. In addition, swimmers should be capable of doing a variety of other skills ie: jump in the water in a variety of ways and climb out unaided; surface dive; swim 5m underwater; forward somersault from a push and glide; scull both head-first and feet-first. Full details of the NPTS levels and stroke descriptors can be found on the website.

Swimmers who are nine years and under in the year of the trial, will be asked to demonstrate three strokes to a basic standard over a distance of 25 metres each. Swimmers who will be ten years and older during the year of the trial will demonstrate each stroke to an efficient standard over a distance of 50 metres. It is important to remember, however, that places might be limited in the event of the Club being full, and that the decision of the Club Coach as to the suitability of any applicant for membership shall be final.

Entry Level (ages 6 and over) Swimming Sessions:

Thursday (Club Night) at Sevenoaks Leisure Centre and Monday evenings at Combe Bank School, Sundridge.

Contact details for Masters (25 years and over), Senior Water Polo (18 years and over) and Junior Water Polo (10-17 years) can be found on the notice board at the Leisure Centre and on the website www.sevenoakssc.org

Reply to: Jackie Neale, 101 Estridge Way, Tonbridge, Kent, TN10 4JU

Please enclose a stamped, addressed envelope if you would like confirmation of receipt.

If not provided, a letter will be sent to you approximately 3 weeks before the next trial.

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Surname:..... Forename(s):

Date of Birth: E-mail:

Address:

..... Postcode:.....

Phone: Mobile:

Previous swimming clubs (as applicable):.....

25m times (if known) Front Crawl:..... Back Crawl: Breaststroke:..... Fly:

Please tell us why you would like to join Sevenoaks Swimming Club:

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Signed:..... Dated:

Signature of parent or guardian if applicant is under 18 years: