

WHAT HAPPENS AT A TRIAL FOR NEW MEMBERS AT...



What should I wear and bring?

You should wear your normal swimming costume and bring your goggles. You do not need to bring any other equipment.

Where do I go?

Someone from Scotia wearing a green or navy Scotia top will meet you by the showers 5 minute before your allocated time slot, and they will take you to lane 1 (which is next to the window in the deep pool).



FINLAY



JILL



JENNI



DEBS

Who will be there?

You will be with a group of up to eight swimmers and there will be two or three coaches or poolside assistants who will be working with you, and sometimes we also have a swimmer in the pool demonstrating. Don't be nervous - we are all very friendly!

What will I have to do?

Trials can vary but normally, you are asked to...

- Kick 25m on your front with a float
- Swim 25m front crawl
- Kick 25m on your back with a float
- Swim 25m back crawl
- Swim 25m breaststroke
- Attempt to swim a short distance of butterfly or just dolphin kick
- Attempt a dive (does not have to be from the blocks).



With your parents' permission you will be videoed with our club iPad to help us give feedback. These videos will be deleted within 30 days.



What happens next?

You will get an email with feedback about your swimming. You will usually hear back within 7 days, but in some situations when we have to run trials over two weeks it will be 14 days. We know this feels like a long time to wait but we do put a lot of effort into giving helpful feedback and the coaches are all volunteers. We may then invite you to join the swimming club, or suggest other alternatives. This does not mean we don't think your swimming is good, just that we don't currently have a space that would be suitable for you. If you meet the age criteria for future trials, you can also try again.

