

West Midland Regional development squad.

Eligibility;

- Swimmers must be a member of the ASA.
- Must be a member of a West Midlands Swimming club
- Be thirteen years or younger.
- Be available to attend all training sessions
- Attend trials.

Trials will be held on the 4th January 2009.

All swimmers will perform the following skills and figures;

Barracuda	Porpoise lift with bottles
Front walkover	Double arm eggbeater Travel

Training will be held on the first Sunday of March, May, June, September and November. Training will be held at Aston University Birmingham from 10am until 2pm.

Swimmers must guarantee to attend all sessions as places could be offered to other girls. Lack of attendance will result in not being considered for the following years squads or may result in their place being offered to another swimmer.

All swimmers will be asked to pay £40 towards the costs of facilities hire.