

Midlands Multi Regional development squad.

Eligibility;

- Swimmers must be a member of the ASA.
- Must be a member of a West or East Midlands Swimming club
- Be seventeen years or younger.

Be available to attend all training camps May 25th 28th and October half term. Dates to be confirmed.

- Attend both trials on the 4th January and the 8th February 2009.

All swimmers will perform the following skills and figures;

4th January

Barracuda

Front walkover

Porpoise lift with bottles

Double arm eggbeater Travel

8th February

Swimmers will be selected through tests involving flexibility, synchro skills and time trials.

Training will be held at two camps.

Swimmers **must guarantee** to attend both camps as places could be offered to other girls. All swimmers will be asked to pay £200 towards the costs of facilities hire, meals, pool hire for both camps.