



Poole Swimming Club

Preparing Swimmers. Creating Winners

Open Water Squad

Purpose:

To provide a pathway for competitive swimmers who wish to take part in competitive Open Water Swimming Events. Poole Swimming Club boast a successful open water swimming section. With achievements in regional and national championships and notably channel swimmers.

Entrance Criteria: Typical Age

- 11+ (age as of 31st December in the year they begin training and competing).

Performance Level:

- To be in Competitive Skills Academy or Higher

Equipment Required:

- Water Bottle
- Hot Drink
- Swimming Caps x 2
- Open Water Goggles
- Swimming designed wetsuit
- Warm clothing

Available Training Timetable:

The open water season starts around late April/ May and continues through to September.

The club runs an introduction to Open Water swimming session at the start of each season for members that wish to try Open Water swimming for the first time.

The second session is a familiarisation session to discuss and apply safety, expectations, and equipment, where experienced Open Water swimmers help the newbies.

From then on weekly or biweekly training sessions will occur, which will be lake and sea based.

We welcome parents to help support the open water swims, who often socialise and walk the route (next to the water) to observe the swimmers.



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Open Water Personnel

We have several highly qualified open water coaches who will teach the skills and technique required to excel at this sport.

- Lead Open Water Coach: Jacqui Hull
- Open Water Coach: Danny Symington
- Open Water Support Coach: Andy Mason
- Open Water Support Coach: Barry Alldrick
- Open Water Support Coach: Glyn Richards

Competitions

As well as entering local, regional and national long distance participation swims, the two main competitive events we work towards are -

- South West Region Open Water Championships
 - Typically held in July.
 - This is open to all our OW swimmers and serves as a qualifier for the National Age Group Championships.
- National Open Water Age Group Championships
 - For those who qualify you will swim against the country's top OW swimmers, held at the beginning of August in Rotherham.
 - We also have the National Masters Open Water Championships, held in September.

PSC is looking to run our own Open Water Club Championships. An event which is open to all our club swimmers. This will give everyone a chance to experience what is quickly becoming an exceedingly popular Olympic sport.

More about Open Water Swimming

A Parent's Guide to Open Water swimming can be found in our athlete resources page, [click here](#)