



## **LCSC AquaSprint Time Trials 3**

**Sunday 26th May 2019**

**0900-1045 approx**

**For all the following squads and swimmers;**

**Advanced Swim Skills Squad swimmers born 2010, 2011 + 2012**

**All Development Squad Swimmers**

**All Age Group 2 Squad Swimmers**

**If unable to attend please inform squad reps**

These are great inter club events that help our coaches to assess swimmers skills in a competitive and fun atmosphere. These trials are used for AquaSprint training squad selections and AquaSprint gala team selections. It also more importantly enables new swimmers to experience a competitive environment in the familiar surroundings of their own pool. It also provides parents an opportunity to volunteer to help with the running of these events. None of our meets can run without the help of parent volunteers and these type of events can give parents valuable experience for future volunteering roles at other meets. For this Time Trial we will need timekeepers and lane assistants please (16 total, 2 per lane). If you can assist please come down on to poolside for 9.15 and make yourself available, many thanks.

Any questions at all please contact your squad rep or Lead Coach, Dave Stronge.  
[swimmingdevelopment@lisburncityswimmingclub.org](mailto:swimmingdevelopment@lisburncityswimmingclub.org)