



## **Locks Heath Swim Squad to Portsmouth Northsea Swimming Club Pathway**

LHSS have a long-standing agreement with PNSC to enable selected swimmers to smoothly transit from LHSS to PNSC.

PNSC will offer sessions for selected LHSS swimmers where there is pool space, and this will be decided by the PNSC coaching team.

Swimmers will be selected from Gold Squad and must have displayed high attendance, excellent attitude and the commitment required to reach their full potential. Swimmers are not selected purely on their PB's.

Girls will generally be invited to begin transition at a younger age than boys due to differences in development.

Training sessions and time frames will be arranged through Lynda and will be tailored for individual swimmers. The table below gives a time line guide.

<b>Time Frame Boys</b>	<b>Time Frame Girls</b>	<b>Additional session/s with PNSC</b>	<b>Sessions with LHSS</b>
0-3 months	0-4 months	1 session per week	4/5
4-6 months	5-8 months	2 sessions per week	4/5
7-9 months	9-12 month	3 sessions per week	4
9 months	12 months	Full Time	0

### **Competition**

LHSS will compete for LHSS until full time at PNSC with exception of Regional Championships and Arena League. Swimmers in transition may also enter relevant L1 Meets with PNSC if appropriate.

### **PNSC Information, Documents and Policies**

PNSC Membership Secretary will email you all relevant documents/policies along with payment details.