



**Willow Park Swim Team** is a school based competitive swim team based in Willow Park Junior School. We invite boys who will be aged between 10 and 12 years of age on 31/08/2017, the date used for age groups at the regional and National Schools Championships, to attend trials for a place on the swim team at 0700 on Tuesday 9<sup>th</sup> February 2016 in the Blackrock College pool.

The swim team trials are always heavily subscribed and in order to avoid unnecessary pressure, unrealistic expectations and subsequent disappointment it is essential that only boys who fit the criteria given below attend on the day. Please confirm your child's suitability with his current swim coach. For further details on the swim team and commitments required, including training times, please see the attached document.

**ALL** criteria below must be fulfilled to allow for selection for the Swim Team in February 2016:

*Boys must be*

1. Aged between 10 and 12 years of age on 31/08/2017.
2. Within 5% of the Leinster Schools qualifying time (see below) in at least one stroke.  
**AND**
3. Able to swim 3 strokes technically correctly. The legality of the strokes will be judged by the head coach on the day of the trials and his decision on this will be final.
4. Able to do an unassisted tumble in the water.
5. Able to scull

*Parents* must be able to fully participate in the parent on bank roster as required by Swim Ireland.

**ALL** boys must pre-register for the trials. Please send the following details to [mkerins1215@gmail.com](mailto:mkerins1215@gmail.com) by Tuesday 2<sup>nd</sup> February 2016.

- Child's name
- Date of Birth
- Class
- His 2 strokes of choice
- Parents email address
- Parents mobile number

## Qualifying Times

	Willow Red & Yellow	Willow Blue Regional	Willow Blue National
Event	Dev Squad Panel	Leinster Sch Panel	Irish SC Panel
Boys 10 50 Free	0.48.00	0.46	0.41
Boys 10 50 BRS	1.04.00	1.02.00	0.57
Boys 10 50 Back	1.01.00	0.59	0.54
Boys 10 50 Fly	1.02.00	1.00.00	0.55
Boys 11 50 Free	-	0.43	0.38
Boys 11 50 BRS	-	0.55	0.50
Boys 11 50 Back	-	0.50	0.45
Boys 11 50 Fly	-	0.55	0.50
Boys 11 100 I.M.	-	1.48.00	1.43.00
Boys 12 50 Free	-	0.40	0.35
Boys 12 50 BRS	-	0.52	0.47
Boys 12 50 Back	-	0.48	0.43
Boys 12 50 Fly	-	0.50	0.45
Boys 12 100 I.M.	-	1.35.00	1.30.00
<b>Conditions</b>			
	<p>Age groups based on age on 31/08/2017.</p> <p>Must be capable of completing an unassisted tumble in the water.</p> <p>Must be able to scull.</p> <p>Swimmers may nominate their 2 best strokes/events for the trial.</p> <p>Time qualification in one stroke is sufficient but all swims must be technically correct/ 'legal' for qualification. Minor stroke infractions will not however result in elimination.</p> <p>Squad allocation is at the discretion of the coach</p>		