

## NATIONAL JUNIOR SWIMMING LEAGUE MEET INFORMATION

### What is it?

The National Junior Swimming League is similar to the 'Speedo League' but is for 9-12 year olds. The Junior League comprises of 12 'County Rounds' with the winners of each 'County Round' progressing to either the 'Northern/Southern Final'. The top 4 teams from the Northern Final and the top 4 teams from the Southern Final will go through to the National Final.

### How are the teams selected?

The team for each round of the National Junior Swimming League are selected from the Club Rankings. Selection is based on age as at day of the National Final (29<sup>th</sup> November 2009) and is in accordance with the National Junior Swimming League Selection Policy.

The Selection Policy can be found on the club's website and on the notice board at the Aquatics Centre, John Charles Centre for Sport.

Team selections will be posted 4 weeks before the meet date.

### When and Where?

This year, the dates are as follows:

County Round	Saturday 12 <sup>th</sup> September '09	Leeds
Northern Final	Sunday 4 <sup>th</sup> October '09	Nuneaton & District
National Final	Sunday 29 <sup>th</sup> November '09	Milton Keynes

If we successfully reach the Northern Final, we will travel as a team by coach to the competition. If we reach the National Final the team will have an overnight stay.

Unfortunately, the Northern Final clashes with the club's Junior Open Meet and the National Final clashes with the ASANER BAGCAT Short Course Championships. The National Junior Swimming League will take priority over the aforementioned meets.

### Team Kit

When on poolside, swimmers MUST wear a 'City of Leeds Swimming Club' t-shirt and 'City of Leeds Swimming Club' shorts or tracksuit bottoms. Those swimmers who wear swimming caps when racing MUST wear the 'City of Leeds Swimming Club' swimming cap.

### Who are the Team Coaches & Team Managers?

Head Coach	James Richards	Mobile: 07891276867 Email: <a href="mailto:james.richards@leeds.gov.uk">james.richards@leeds.gov.uk</a>
Assistant Coaches	Paul Cave Nathan Reynard Liam Smith	
Team Managers	Elysha Wallis Lyn Hughes	

IF SELECTED TO SWIM FOR THE TEAM,  
PLEASE CONFIRM YOUR AVAILABILITY BY CONTACTING THE HEAD COACH