



TWHST MASTERS SWIMMING

Thirsk White Horse Swim Team has an integrated Masters Swimming Section within the club.

Membership criteria of the TWHST Masters Squad is defined as 'Swimming members over the age of 25 who wish to swim in a club environment for pleasure, fitness or competition'

The Masters Squad of TWHST adheres to the compliance and workforce development modules of the club as a whole, as there are not sessions available where only Masters Swimmers are in the water.

Masters Squad swimmers can access water time according to their swimming needs.

They are able to swim in integrated sessions which are available to the more senior (A & B Squad) swimmers. There is also a session on a Saturday which is largely, but not exclusively for Masters swimmers.

They do not swim in sessions for the Tadpole or Development Squads.

The head coach has overall responsibility for the Masters Squad programme.