



ELLESMERE PORT AMATEUR SWIMMING CLUB
(Affiliated to NorthWest Region ASA)

Masters Annual Plan

Month	Competitive Masters	Social Masters and Learners	Lesson Focus
January	ASA-30 Challenge	ASA-30 Challenge	Distance/technique
February	BLDSA one hour swim	BLDSA one hour swim	Distance/technique
March	Club Championships	Club Championships	Starts, turns and sprints
April			IM work
May	Club Time Trials	Club Time Trials	Starts and sprints
June	Great Britain Masters		Technique
July	NW Region Masters	ASA Challenge Awards	Technique
August	Club time trials	Club time trials	Starts, turns and sprints
September	County Masters Championships	County Masters Championships (novice events)	Sprints, starts and turns.
October	ASA Masters /Arfon Masters		IM work
November	Club Mile	Club Mile	Distance/technique
December	Pool closed from around 12 th December		