

Mid Sussex Marlins away students: Session application form (when back at home)

All student members of Mid Sussex Marlins who train away at University or at a school / college must complete and return this form to Head Coach Stephen Murphy before returning home Christmas, Easter and the summer holidays.

Based on this form, swimmers will then be offered sessions in either a squad, group or masters.

Please ensure you are honest when answering these questions. It is important, as we want to give you the correct training experience for your aims and fitness level. Your placing over the holidays will be based upon this. If we place you in the wrong area it will mean having the awkward conversation about changing groups. Equally the coaching team must balance the lanes across all the squads to avoid overcrowding.

Please remember that squad placing over the holiday is at the total discretion of the head coach.

Swimmer information

First name:

Last name:

Date of birth:

Email address (or parent email u/18)

Home phone:

Mobile phone:

Which University / school and which team / squad have you been training with?

Who is your university / school / team coach?

Please outline the number of sessions (swim and land) per week that you have regularly been doing whilst away:

Please outline the competitions you have competed in (for away team) since you last trained with MSM + give key results:

Based on recent results did you qualify for county championships?

Based on recent results did you qualify for regional championships?

In your main events where are you currently ranked (at time of writing) in your respective age group?

Which squad do you want to train with whilst back at MSM?

Over the last 12 months have you represented MSM at counties, regionals, British or English summer champs?

Over the coming months will you be representing MSM at counties, regionals, British or English summer champs?

Did you make yourself available for any round of the Arena league or Sussex league this current season?

Lastly, what are your goals in swimming this season? Fitness? Moderate competition? County/regional competition? National competition?

Thank you for completing this survey, Head coach Stephen Murphy will get back to you shortly with your training plan of sessions for the holiday period.

[Return to headcoach@midsussexmarlins.org](mailto:headcoach@midsussexmarlins.org)