

## Masters Squad

### Coach: Dave Milburn

#### About Masters Squad

Originally from the US, Masters swimming is now a world wide phenomenon. The original definition of Master was 25 or over but nowadays the definition tends to be more flexible.



At Newbury the Masters squad has been built up in recent years to a number in excess of 50. Members range from novice to highly accomplished swimmers who have swum since they were young. Some swim just to keep fit, others to improve their technique and some to take part in Masters competitions. All sessions are coached with a structured programme and some focus on stroke improvement. There is also a strong social element with meetings taking place at the pub as well as the swimming pool!

In the Newbury squad system, swimmers can enter Masters squad at 18 and this is the normal progression from Youth squad. 'A' squad swimmers can also be over 18 in which case they have the choice of moving to Masters as and when they feel the time is right.

There are a number of Masters competitions held throughout the year and Newbury enters many of these both as individuals and as a team. Competitions go in 5 year age bands, starting with 25-29, rising to over 90. Most competitions also have a Senior age group 18-24 for younger swimmers. Over the years we have done quite well at these competitions. Dave Milburn is the current National record holder for 50m and 100m breaststroke for his age group.

#### Masters Squad Session Times

Sunday 18:45-20:00 Kennet

Monday 19:30-20:30 Hungerford

Wednesday 20:30-21:30 Hungerford

#### Membership

Yearly membership of Masters is £10 (non-competitive) or £30 (competitive) along with a 'Pay as you go' card system of 16 sessions for £72.

For further details please contact [newburymasters@googlemail.com](mailto:newburymasters@googlemail.com)