



Competition Development

Head Coach: Chris Graffin

Assistant Coaches: Saskia & Danny

Fees: £70pm

Training Timetable:

Competition Development		
Monday	18:00 - 19:00	TA
Tuesday (am)	6:15 - 7:15	TA
Tuesday (pm)	19:00 - 20:30	TLC Main Pool
Wednesday	18:00 - 19:00	TA
Thursday (am)	6:15 - 7:15	TA
Friday	20:00 - 21:00	TLC Main Pool

Venue addresses:

Tewkesbury Leisure Centre
Gloucester Road
Tewkesbury
Gloucestershire
GL20 5SX

Tewkesbury Academy Sports Centre
Ashchurch Road
Tewkesbury
Gloucestershire
GL20 8DF

Equipment:

Training	Competition
Costume	Costume x2
Goggles	Goggles x2
Swim Hat	TSC Hat x2
1L Drinks Bottle	Drinks Bottle x2 (to refill)
Fins	Towel x2
Kickboard	TSC Top
Pull Buoy	TSC Hoodie (optional)
Hand Paddles	Shorts or Trackies
Snorkel	



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Squad Criteria

This squad is for swimmers who wish to improve their competitive swimming. Emphasis is on participation in both training and competition with the focus on maintaining quality with increasing intensity.

Entry Criteria

- 11-14yrs
- Ability and strong level of commitment to follow a training programme.
- Swim 800 meters continuous front crawl with tumble turns, constant kick and holding stroke count.
- Swim 200m IM with legal and effective turns.
- Able to complete a set of 8x100m repeats on a turnaround time of 2:15 while getting at least 15 seconds rest between each 100m repeat.
- Achieved TSC Training Standards 4.
- Hold up to date (last 12 months) ranked times in a minimum of 6 events.
- Subject to coach's discretion.

Training Expectations

- Swimmers should aim to attend at least 4 swim sessions.
- Those that fall below 50% attendance over the season (excluding morning sessions) may be directed to another squad.

Competitions

- Swimmers will be expected to gain and keep up to date (within the last 12 months) ranked times in at least 10 different events to progress into County Development.
- **Level 1, 2, 3 and Level 4 Open Meets** – (Required to qualify for Gloucester County Championships). Throughout the season, please enter a range of events across a variety of strokes and distances. For individual guidance see event invitation emails or speak with Chris.
- **TSC Club Championships**
- **Junior League Galas**
- **Gloucester County Championships** – Please enter all events your swimmer has qualified for.