



Development

Head Coach: Chris Graffin

Assistant Coaches: Jamie

Fees: £65pm

Training Timetable:

| Development | | | |
|---------------|---------------|-----|-----------|
| Tuesday (am) | 6:15 - 7:15 | TA | |
| Wednesday | 18:00 - 19:00 | TA | |
| Thursday (am) | 6:15 - 7:15 | TA | |
| Friday | 20:00 - 21:00 | TLC | Main Pool |
| Sunday | 16:30 - 17:30 | 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 aims to provide a fun and challenging environment for swimmers wishing to improve their swimming fitness without the pressure to compete.

Entry Criteria

- 12yrs+
- Ability and commitment to follow a training programme.
- Swim 800 meters continuous front crawl with tumble turns, constant kick and holding stroke count.
- Good technical standard on all 4 strokes.
- 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.
- Subject to coach's discretion.

Training Expectations

- Swimmers should aim to attend at least 2 sessions per week.
- Those wanting to join the club's competitive pathway should demonstrate higher levels of commitment by regularly attending 3 or more sessions.

Competitions

- Swimmers in this squad are not required to compete, but they have the option to do so if they wish.
- **Level 3 and Level 4 Open Meets** – (Required to qualify for Gloucester County Championships). Please enter any races your swimmer would like to participate in.
- **TSC Club Championships**
- **Junior League Galas**
- **Gloucester County Championships** – Please enter all events your swimmer has qualified for.