



# Masters

**Head Coach:** Chris Graffin

**Assistant Coaches:** Danny

**Fees:** £15pm (one session per week), £25pm (two sessions per week) or £30pm (four sessions per week)

**Training Timetable:**

Masters			
Tuesday (am)	6:15 – 7:45	TA	
Thursday (am)	6:15 – 7:45	TA	
Thursday (pm)	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
Costume
Goggles
1L Drinks Bottle
Fins
Hand Paddles
Towel



# Masters

## Squad Criteria

This squad is designed for swimmers with competitive skills experience who want to enhance their fitness through a variety of swimming sessions.

### Entry Criteria

- 18yrs+
- Ability and commitment to follow a training session.
- Swim 800m continuous front crawl with tumble turns.
- Good technical standard on 3 out of 4 strokes.
- Subject to coach's discretion.

### Training Expectations

- Swimmers have a range of 4 swimming sessions per week. 2 morning sessions and 2 evening sessions.

### Competitions

- If you're interested in competing in Masters events, speak with Chris.