



Swim Skills 1

Head Coach: Chris Graffin

Assistant Coaches: Jamie, Laura & Jo

Fees: £30pm

Training Timetable:

| Swim Skills 1 | | | |
|---------------|---------------|-----|---------------|
| Tuesday | 18:50 - 19:30 | TLC | Training Pool |
| OR | | | |
| Thursday | 18:10 - 18:50 | TA | |

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 |
| Goggles | Goggles + spare |
| Hat | TSC Hat + spare |
| 500ml+ Drinks Bottle | Drinks Bottle x2 (to refill) |
| Fins | Towel x2 |
| Towel | TSC Top |
| | TSC Hoodie (optional) |
| | Shorts or Trackies |



Swim Skills 1

Squad Criteria

This squad aims to build an understanding of competitive swimming while developing stroke technique and racing skills.

Swim Skills 1 will work through TSC Training Standards 1&2.

Entry Criteria

- 7-10yrs
- Ability and commitment to follow a training programme.
- Swim 100m continuous front crawl.
- Good technical standard on 3 out of 4 strokes.
- Subject to coach's discretion.

Training Expectations

- Swimmers should attend the session every week. It may be beneficial for swimmers to also continue to attend their LTS lessons.

Competitions

- **TSC Club Championships** – For individual guidance on events to enter please see event invitation emails or speak with the coaching team.
- **TSC Swim Skills Galas** – each gala is designed with a specific focus to help swimmers develop their skills through a competitive environment.