



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.