



## Swim Skills 2

**Head Coach:** Chris Graffin

**Assistant Coaches:** Jamie, Laura & Jo

**Fees:** £41pm

Training Timetable:

Swim Skills 2			
Tuesday	18:50 - 19:30	TLC	Training Pool
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
Swim 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 2

### Squad Criteria

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

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

#### Entry Criteria

- 7-11yrs
- 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 both sessions every week.

#### 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.