



Swim Skills 3

Head Coach: Chris Graffin

Assistant Coaches: Jamie, Karen & Laura

Fees: £50pm

Training Timetable:

Swim Skills 3			
Tuesday	18:00 - 19:00	TA	
Friday	19:00 - 20:00	TLC	Training Pool
Sunday	15:30 - 16:30	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 + spare
Goggles	Goggles + spare
Swim Hat	TSC Hat + spare
750ml+ Drinks Bottle	Drinks Bottle x2 (to refill)
Fins	Towel x2
Kickboard	TSC Top
Towel	TSC Hoodie (optional)
	Shorts or Trackies



Swim Skills 3

Squad Criteria

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

Swim Skills 3 will work through TSC Training Standards 3.

Entry Criteria

- 8-12yrs
- Ability and commitment to follow a training programme.
- Swim 200 meters continuous front crawl with tumble turns, constant kick and holding stroke count.
- Achieved TSC Training Standards 2
- Subject to coach's discretion.

Training Expectations

- Swimmers should aim to attend at least 2 out of the 3 swim sessions. Those wanting to progress should attend all 3.

Competitions

- **TSC Club Championships** – please enter a range of events across all distances and strokes. 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.
- **Junior League Galas** – potential to be invited.