



Swim Skills Active

Head Coach: Chris Graffin

Assistant Coaches: Jo

Fees: £40pm

Training Timetable:

Swim Skills Active		
Friday	18:00 - 19:00	TA

Venue addresses:

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 Active

Squad Criteria

This squad is designed to allow swimmers to continue training with a lower time commitment.

Swim Skills Active will feature a variety of training sessions, continuing to develop technique, fitness, and competitive skills across all strokes.

Entry Criteria

- 10yrs+
- 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 attend the session every week.

Competitions

- Swimmers in this squad are not required to compete, but they have the option to do so if they wish.
- **TSC Club Championships** – please enter any races your swimmer would like to participate in.
- **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.