



Advanced

Head Coach: Chris Graffin

Assistant Coaches: Christian & Danny

Fees: £65pm

Training Timetable:

Advanced			
Tuesday (am)	6:15 - 7:45	Swim	TA
Wednesday	18:45 - 19:00 19:00 - 20:30	Pre-Pool Swim	TA
Thursday (am)	6:15 - 7:45	Swim	TA
Thursday (pm)	19:45 - 20:00 20:00 - 21:00	Pre-Pool Swim	TLC - MP
Sunday	16:30 - 17:30	Swim	TLC - MP

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 x2
Goggles	Goggles x2
Swim Hat	TSC Hat x2
1L Drinks Bottle	Drinks Bottle x2 (to refill)
Fins	Towel x2
Kickboard	TSC Top
Pull Buoy	TSC Hoodie (optional)
Hand Paddles	Shorts or Trackies
Snorkel	



Advanced

Squad Criteria

This squad aims to provide a fun and challenging environment for swimmers wishing to improve their swimming fitness without the pressure to compete.

Entry Criteria

- 14yrs+
- Ability and commitment to follow a training programme.
- Swim 800 meters continuous front crawl with tumble turns, constant kick and holding stroke count.
- Good technical standard on all 4 strokes.
- Able to complete a set of 10x100m repeats on a turnaround time of 2:00 while getting a consistent rest period between each 100m repeat.
- Subject to coach's discretion.

Training Expectations

- Swimmers should aim to attend at least 2 sessions per week.
- Those wanting to join the club's competitive pathway should demonstrate higher levels of commitment by regularly attending 3 or more sessions.

Competitions

- Swimmers in this squad are not required to compete, but they have the option to do so if they wish.
- **Level 3 and Level 4 Open Meets** – (Required to qualify for Gloucester County Championships). Please enter any races your swimmer would like to participate in.
- **TSC Club Championships**
- **Junior League Galas**
- **Gloucester County Championships** – Please enter all events your swimmer has qualified for.
- **South West Regional Championships** – Please enter all events your swimmer has qualified for.