



County Development

Head Coach: Chris Graffin

Assistant Coaches: Christian & Danny

Fees: £75pm

Training Timetable:

County Development			
Monday	18:45 - 19:00 19:00 - 20:00	Pre-Pool Swim	TA
Tuesday (am)	6:15 - 7:45	Swim	TA
Tuesday (pm)	18:45 - 19:00 19:00 - 21:00	Pre-Pool Swim	TLC - MP
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
Friday	19:45 - 20:00 20:00 - 21:00	Pre-Pool 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 (for warm up & cool downs)
Goggles x2	Costume (for specific use during races)
Swim Hat x2	Goggles x2
1L Drinks Bottle	TSC Hat x2
Fins	Drinks Bottle x2 (to refill)
Kickboard	Towel x2
Pull Buoy	TSC Top
Hand Paddles	TSC Hoodie (optional)
Snorkel	Shorts or Trackies



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Squad Criteria

This squad is for swimmers at or near County standard who wish to improve their competitive swimming. Focus is on obtaining or further obtaining County Qualification times with 100% belief in the training process. Emphasis is on participation in both training and competition with the focus on maintaining quality with increasing intensity.

Entry Criteria

- 13yrs+
- Ability and strong level of commitment to follow a training programme.
- A strong desire to compete in competition.
- 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.
- Hold up to date (last 12 months) ranked times in a minimum of 10 events.
- Subject to coach's discretion.

Training Expectations

- Swimmers should aim to attend at least 4 swim sessions.
- Those that fall below 50% attendance over the season (excluding morning sessions) may be directed to another squad.

Competitions

- Swimmers will be expected to gain and keep up to date (within the last 12 months) ranked times in at least 12 different events to progress into County & Regional Performance.
- **Level 1, 2, 3 and Level 4 Open Meets** – (Required to qualify for Gloucester County Championships). Throughout the season, please enter a range of events across a variety of strokes and distances. For individual guidance see event invitation emails or speak with Chris.
- **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.