



County & Regional Performance

Head Coach: Chris Graffin

Assistant Coaches: Christian & Danny

Fees: £85pm

Training Timetable:

County & Regional Performance			
Monday	18:00 - 20:00	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



County & Regional Performance

Squad Criteria

This squad is for swimmers that already have County or Regional qualification times who wish to improve their competitive swimming. Swimmers should be focused on competition at a County & Regional level with 100% belief in the training process. Training will develop the swimmer's technical, tactical, physical, psychological skills to increase performance. Training will be built around & towards target competitions using a mixture of high & low intensity sessions throughout the week, subject to the energy levels of the swimmers.

Entry Criteria

- 14yrs+
- Ability and high level of commitment to follow a training programme.
- Positive attitude towards training and competition.
- Able to complete a set of 12x100m repeats on a turnaround time of 1:45 while getting a consistent rest period between each 100m repeat.
- Achieved a minimum of 1 Gloucester County Qualifying time in their age group in the current or previous season in a 100m or longer event.
- Hold up to date (last 12 months) ranked times in a minimum of 12 events.
- Subject to coach's discretion.

Training Expectations

- Swimmers should aim to attend at least 4 swim sessions.
- Those that fall below 60% attendance over the season (excluding morning sessions) may be directed to another squad.
- Complete every session to the best of their ability.
- A positive attitude towards the sessions & others.
- Act as a role model to younger swimmers.
- Be able to communicate with the coach about any questions & issues in training.



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Squad Criteria

Competitions

- **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**
- **Gloucester County Championships** – Please see Chris for an individualised race programme.
- **South West Regional Championships** – Please enter all events your swimmer has qualified for.

- Swimmers will be expected to keep up to date (within the last 12 months) ranked times in at least 10 different events.
- Expected to compete in all TSC target meets.
- Expected to take part in every race and final unless discussed with the Head Coach.
- Expected to report to the coach before and after races.