

TSC Club Structure Season 25/26

Club Vision

Our main goal is to create an enjoyable, positive, and engaging atmosphere where children and young adults can learn and thrive in competitive swimming. Additionally, we strive to build a culture of excellence by offering the right opportunities and support to help swimmers reach their highest potential and succeed in their competitive journey.

TSC swimmers will be:

- **Supported in reaching their full athletic potential** while also developing personal and life skills.
- **Encouraged to recognize** that hard work and genuine effort lead to success.
- **Taught the importance of both giving and receiving support** within their team.
- **Continuously challenged with manageable goals** that are within their control, focusing on the process.
- **Guided to handle victories with humility, losses with determination**, and to embrace a commitment to always doing their personal best.

Club Structure Rationale

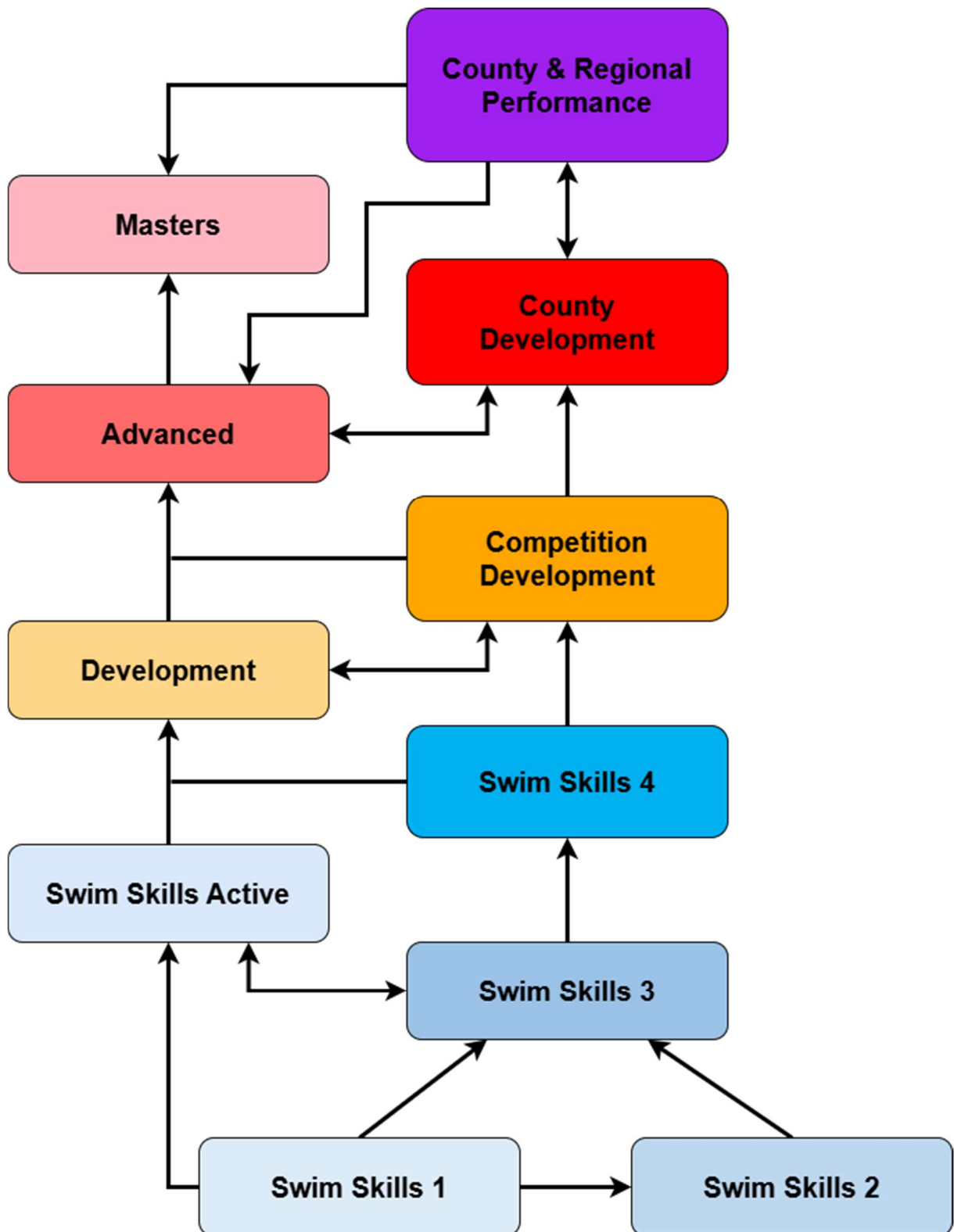
Tewkesbury Swimming Club's squad structure and swimmer pathway are carefully crafted to offer a tailored and enjoyable journey through each swimmer's development. This approach aligns with the Optimal Athlete Development Framework (OADF) and the Youth Development Model, as endorsed by Swim England and Aquatics GB. The aim is to maximize both enjoyment and competitive potential, allowing swimmers to progress at a pace that suits their individual needs and growth.

TSC is dedicated to fostering a love for competitive swimming, with each squad designed to develop competition-ready skills. By grouping swimmers based on their competitive performance levels and maturity, we create an environment where each swimmer can achieve success and recognition within their squad. This approach enhances individual performance while building strong support networks among swimmers who share similar experiences and goals. Such a structure benefits swimmers psychologically, preparing them for competition with increased enjoyment and confidence. Additionally, by tailoring training prescriptions to each swimmer's developmental stage, we maximize the effectiveness of our programs, allowing for optimal progress according to each athlete's growth and maturation.

Our squad names and structure set clear expectations and standards, guiding both swimmers and parents through the progression within the club. This clarity helps to acknowledge and celebrate swimming abilities while fostering a strong group identity, giving each swimmer a sense of pride. Each squad has tangible requirements, providing a transparent pathway for progression, while allowing flexibility to accommodate individual development. The requirements emphasize our commitment to high standards and excellence, with final squad placements always determined by the coach's discretion to ensure a personalized approach to each swimmer's journey.

This structure is designed to support swimmers at every stage of their development, fostering both competitive success and a lifelong love for the sport of swimming.

TSC Pathway





Swim Skills 1

Squad Criteria

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

Swim Skills 1 will work through TSC Training Standards 1&2.

Entry Criteria

- 7-10yrs
- Ability and commitment to follow a training programme.
- Swim 100m continuous front crawl.
- Good technical standard on 3 out of 4 strokes.
- Subject to coach's discretion.

Training Expectations

- Swimmers should attend the session every week. It may be beneficial for swimmers to also continue to attend their LTS lessons.

Competitions

- **TSC Club Championships** – 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.



Swim Skills 2

Squad Criteria

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

Swim Skills 2 will work through TSC Training Standards 1&2.

Entry Criteria

- 7-11yrs
- Ability and commitment to follow a training programme.
- Swim 100m continuous front crawl.
- Good technical standard on 3 out of 4 strokes.
- Subject to coach's discretion.

Training Expectations

- Swimmers should attend both sessions every week.

Competitions

- **TSC Club Championships** – 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.



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.



Swim Skills 4

Squad Criteria

This squad aims to develop an understanding of competitive swimming while developing stroke technique and racing skills. Swimmers will be expected to start (if not already) entering a range of competitions.

Swim Skills 4 will work through TSC Training Standards 4.

Entry Criteria

- 8-12yrs
- Ability and commitment to follow a training programme.
- Swim 400m continuous front crawl with effective tumble turns, constant kick and holding stroke count.
- Swim 100m IM with legal and effective turns.
- Achieved TSC Training Standards 3.
- Subject to coach's discretion.

Training Expectations

- Swimmers should aim to attend at least 3 out of the 4 swim sessions. Those wanting to progress should attend all 4.

Competitions

- Swimmers will be expected to gain and keep up to date (within the last 12 months) ranked times in at least 6 different events to progress into Competition Development.
- **Level 3 and Level 4 Open Meets** – (Required to qualify for Gloucester County Championships). Current training is heavily focused on skill development suited to 100m & 200m events. 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** – 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**
- **Gloucester County Championships** – Please enter all events your swimmer has qualified for.



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.



Development

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

- 12yrs+
- 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 8x100m repeats on a turnaround time of 2:15 while getting at least 15 seconds rest between each 100m repeat.
- Achieved TSC Training Standards 4.
- 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.



Competition Development

Squad Criteria

This squad is for swimmers who wish to improve their competitive swimming. Emphasis is on participation in both training and competition with the focus on maintaining quality with increasing intensity.

Entry Criteria

- 11-14yrs
- Ability and strong level of commitment to follow a training programme.
- Swim 800 meters continuous front crawl with tumble turns, constant kick and holding stroke count.
- Swim 200m IM with legal and effective turns.
- Able to complete a set of 8x100m repeats on a turnaround time of 2:15 while getting at least 15 seconds rest between each 100m repeat.
- Achieved TSC Training Standards 4.
- Hold up to date (last 12 months) ranked times in a minimum of 6 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 10 different events to progress into County Development.
- **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.



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.



County Development

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.



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.



County & Regional Performance

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 told by the Head Coach.
- Expected to report to the coach before and after races.



Masters

Squad Criteria

This squad is designed for swimmers with competitive skills experience who want to enhance their fitness through a variety of swimming sessions.

Entry Criteria

- 18+yrs
- Ability and commitment to follow a training session.
- Swim 800m continuous front crawl with tumble turns.
- Good technical standard on 3 out of 4 strokes.
- Subject to coach's discretion.

Training Expectations

- Swimmers have a range of 4 swimming sessions per week. 2 morning sessions and 2 evening sessions.

Competitions

- If you're interested in competing in Masters events, speak with Chris.



University

Squad Criteria

This squad is designed for TSC swimmers who have gone to university but still want to continue swimming when they're back.

Entry Criteria

- 18+yrs
- Ability and commitment to follow a training session.
- Swim 800m continuous front crawl with tumble turns.
- Good technical standard on 3 out of 4 strokes.
- Subject to coach's discretion.

Training Expectations

- Swimmers have a range of 4 swimming sessions per week. 2 morning sessions and 2 evening sessions.
- Those on performance programs with their university team should speak with Chris to determine if training with another squad may be more appropriate for them.

Competitions

- Speak with Chris if you would like to enter any competitions.