



## Competition Skills Squad

**Coach:** Simon Gale

**Assistant Coaches:** Emma Dodd

**Fees:** £55 per month

**Training Timetable:**

Day	Time	Venue
Monday	6.30-7.30pm	Kingswood Leisure Centre
Thursday	5-6pm	Kingswood Leisure Centre
Sunday	5.30-6.30pm	Kingswood Leisure Centre

**Venue address:**

Kingswood Leisure Centre  
Church Road  
Staple Hill  
BS16 4RH

## Squad Criteria

- Must maintain a minimum of 70% attendance across the year. Swimmers who fall behind on attendance will be directed to an alternative swimming pathway.
- Competition aged 12 yrs and under.
- Must be competent across 3 of 4 strokes.
- All swimmers are subject to a 3-month rolling review period.
- Coaches will be looking to progress swimmers displaying strong OADF attributes.
- Swimmers must show a clear desire to compete.
- Black club hats only for training and competition.
- Expected to arrive 15 mins prior to the start of training.
- Expected to carry out mobility and stretching, before and after training/competition.
- Must only compete in competitions listed on the club's calendar.
- Contact the coach if absent or unable to fulfil criteria.
- Appropriate reasonable adjustments will be made for para athletes. Please contact Head Coach.