Skills Development Squad

**Coach**: Claire Kerslake and Emma Dodd

**Assistant Coaches**: Lisanne Hunt, Steve Witcombe, Simon Gale

Training Timetable:

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| **Day** | **Time** | **Venue** |
| Tuesday | 6-7pm | Kingswood Leisure Centre |
| Sunday | 5.30-6.30pm | Kingswood Leisure Centre |

**Fees:** £40 per month

**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 age 11yrs and under.
* Must show a strong intent on becoming competent across all strokes.
* All swimmers are subject to a 3-month rolling review period.
* Coaches will be looking to progress swimmers displaying strong OADF attributes.
* 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.
* Contact the coach if absent or unable to fulfil criteria.
* Appropriate reasonable adjustments will be made for para athletes. Please contact Head Coach.