



Skills Development Squad

Coach: Simon Gale and Emma Dodd

Assistant Coaches: Steve Witcombe

Training Timetable:

| Day | Time | Venue |
|---------|-------------|--------------------------|
| Tuesday | 6.30-7.30pm | Kingswood Leisure Centre |
| Sunday | 5.30-6.30pm | Kingswood Leisure Centre |

Fees: £44 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.