

Talbot Heath Swimming Academy

Dear Parents,

Please find the guide to the Talbot Heath School Swimming Academy that runs before and after school squads. The academy is a pathway of extra-curricular swimming and not to be confused with School Swimming that run during PE lessons.

Once you have digested the information in the guide, please complete the Talbot Heath Swimming Academy Booking Form found in the parent's section on the website (link below). Due to its popularity, the Academy has limited spaces. If we cannot accommodate a space for your level presently, we will let you know when a space becomes available.

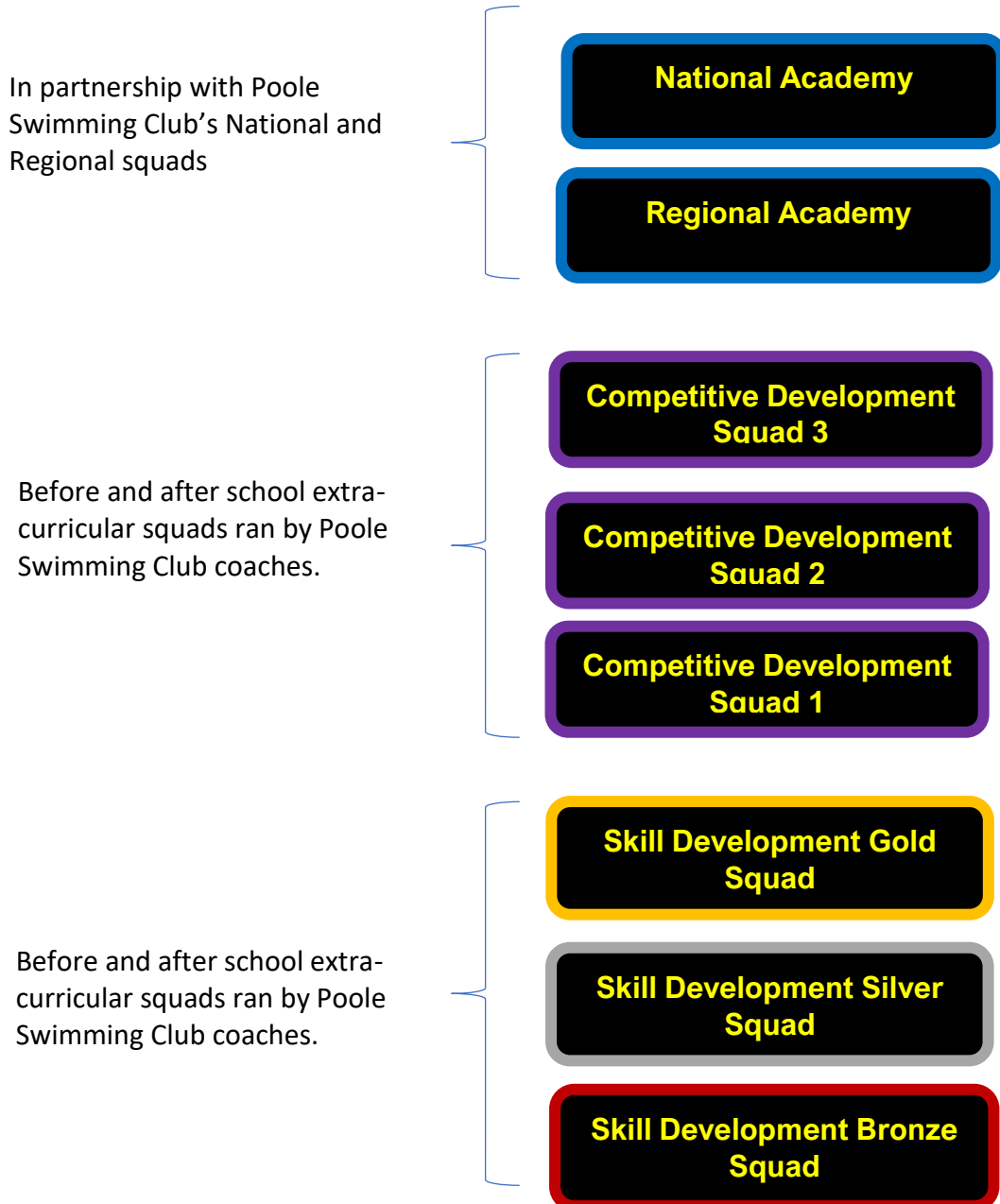
- There is a minimum standard for entry into the TH Swimming Academy (see Page 3)
- Lessons are run in line with School term time (not during school holidays).
- Entrance Criteria for Swimming Academy squads can be viewed on Pages 3 & 4.
- The Swimming Academy Timetable can be viewed on Page 5.
- An Equipment list can be viewed on page 6.
- Fee structure can be viewed on Page 7.

Please complete the form below to arrange a trial:

TH Swimming Academy Enrolment Form

If your daughter is already at Regional or National level with their swimming, please email Head Coach Barry Alldrick at swimming@talbotheath.org to arrange a meeting.

Talbot Heath Swimming Academy Pathway Diagram



Talbot Heath Swimming Academy Squad Entrance Criteria for Skill Development Squads (Bronze, Silver and Gold)

Bronze Squad

To join the Talbot Heath Swimming Skill Development Bronze Squad, swimmers must be able to competently complete:

- 25m Front crawl with breathing technique
- 25m Back crawl
- 10m Breaststroke kick showing correct technique
- 10m Butterfly kick showing correct technique
- Perform a forward roll
- Shower, changing, brushing hair independently from parent/adult supervision and preparation for the school day.

Silver Squad

To join the Talbot Heath Swimming Skill Development Silver Squad, swimmers must be able to competently complete:

- 50m Front crawl with rhythmical breathing
- 50m Back crawl with correct arm timing
- 25m Breaststroke with correct timing
- 25m Butterfly (with or without fins)
- Perform a backwards somersault
- Shower, changing, brushing hair independently from parent/adult supervision and preparation for the school day.

Gold Squad

To join the Talbot Heath Swimming Skill Development Gold Squad, swimmers must be able to competently complete:

- 50m Front crawl with a flip turn
- 50m Back crawl with a flip turn
- 50m Breaststroke with a tuck turn
- 25m Butterfly with-out fins
- Dive into deep water
- Shower, changing, brushing hair independently from parent/adult supervision and preparation for the school day.

Talbot Heath Swimming Academy Squad Entrance Criteria Competitive Development Programme (Squad 1, Squad 2, Squad 3)

Competitive Development 1

To join the Talbot Heath Swimming Competitive Development Squad 1, swimmers must be able to competently complete:

- 100m Front crawl with flip turns
- 100m Back crawl with flip turns
- 100m Breaststroke with tuck turns
- 50m Butterfly with tuck turns
- 100m Individual Medley with correct IM Turns
- Perform a Race Start for Front-crawl

Competitive Development 2

To join the Talbot Heath Swimming Competitive Development Squad 2, swimmers must be able to competently complete:

- 200m Front crawl with flip turns holding 3 underwater kicks from each wall
- 200m Back crawl with flip turns holding 5 underwater kicks from each wall
- 200m Breaststroke with tuck turns reaching 7m prior to the head surfacing
- 100m Butterfly with tuck turns holding 5 underwater kicks from each wall
- 200m Individual Medley with correct IM Turns.
- Perform a Race Start for Front crawl, Back crawl, Butterfly and Breaststroke
- Races at competitions internal and local

Competitive Development 3

To join the Talbot Heath Swimming Competitive Development Squad 3, swimmers must be able to competently complete:

- 400m Front crawl with flip turns holding 3 underwater kicks from each wall
- 200m Back crawl with flip turns holding 5 underwater kicks from each wall
- 200m Breaststroke with tuck turns reaching 7m prior to the head surfacing
- 100m Butterfly with tuck turns holding 5 underwater kicks from each wall
- 400m Individual Medley with correct IM Turns.
- Perform a Race Start for Front crawl, Back crawl, Butterfly and Breaststroke
- Competitions and the racing environment
- Races at competitions internal, locally and regionally

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2020/2021 Timetable Skill Development Squads

Squad	Typical School Year	Hours Per Week Available	Monday		Wednesday		Friday
Skill Development Gold	Years 3 to 6	2	15.50-16.50				15.50-16.50
Skill Development Silver	Years 3 to 6	1			07.30-08.30		
Skill Development Bronze	Years 2 to 6	1			07:30-08.30		

2020/2021 Timetable Competitive Development Squads

Squad	Typical School Year	Hours Per Week Available	Monday AM	Monday PM	Tuesday	Wednesday	Thursday	Friday AM	Friday PM
Competitive Development 3	Years 7 to 13	8	07.20-08.45	15.50-16.50	07:20-08:45	15.50-16.50	07.20-08.45	07.20-08.45	
Competitive Development 2	Years 6 to 13	5	07.20-08.45			15.50-16.50		07.20-08.45	15.50-16.50
Competitive Development 1	Years 3 to 6	3			07.20-08.45		07.20-08.45		

Equipment List

Equipment List
Water Bottle + Pre or Post Training Snack
Mesh Kit Bag
Swimming Cap (and Spare in Kit Bag)
Training Goggles (and spare in Kit Bag)
Kickboard
Pull Buoy
Junior Snorkel
Short Technical Fins
Hand Paddles
Head Towel

For advice on which brand or equipment to purchase speak with your coach. Locally SOS Swim Shop has a Talbot Heath Swimming Academy Page. <https://www.sos-swim.co.uk/club-pages/talbot-heath-school> or you can visit:

SOS Swim Shop

15 Moor Road
 Broadstone
 BH18 8AZ
 Typically, open 09.00-17.30
 Web: [sos-swim.co.uk](https://www.sos-swim.co.uk)
 E Mail: office@sos-swim.co.uk

Alternatively, Decathlon or Amazon has many of the products.

Fees and Payment

Talbot Heath Swimming Academy Training Fees

- Training fees are charged per term.
- The minimum commitment is for a term in advance and will be added to school fees.
- The fee below **does not include** any medical/injury treatment, kit, competition entry and administration fees, training camps, accommodation, or travel.
- It is recognized that swimmers in the Skill Development and Competitive Development squads will have an action-packed week and may not be able to attend all swimming sessions due to other activities. There may be school trips, celebrations, and other academic events that may occasionally prevent training. The coaches, where possible, will work around these events and provide opportunities to catch-up a training session. It is important to note that the training fee is for a position within the training squad. There is no pro-rata approach if pupils are unable to attend every training session.
- A half term's notice is required by completing the Talbot Heath Swimming Academy Cancellation Form found on the link below:

[TH Swimming Academy Cancellation Form](#)

Squad	Price Per Term
Competitive Development 3	£268
Competitive Development 2	£227
Competitive Development 1	£185
Skill Development Gold	£139
Skill Development Silver	£114
Skill Development Bronze	£114