



AQUAE SULIS PERFORMANCE SWIMMING CLUB

The clubs programme is fast developing and can offer great opportunities for those swimmers who have the ambition and the desire to compete at the highest level.

At present the programme can offer the following:-

- Full time swimming coach/director of performance – Martin Mosey.
- Swim training at the University of Bath Sports Training Village.
- 13.5 hours each week of long course training.
- 3 hours of early morning training using Trowbridge and Bath Sports and Leisure Centre.
- Land training programme.
- Use of Aquaterra gyms.
- Links to the British Swimming Intensive Training Centre and Team Bath Performance Swimming.

All swimmers must be members of an agreed participating club (e.g. Bath Dolphin SC) and be recommended to join the programme from the Club Coach.

Recommendation is based on a number of different factors including achieving Aqua Sulis age related qualifying times, aptitude to training, attendance frequency at Bath Dolphin SC sessions, perceived benefit a swimmer would get at this point in time of a swimmer's stage of development.

Further information is available from Phil Brake, Bath Dolphin SC Coach.