



Welcome and **thank you** for your enquiry into the **Swimgainz Academy**

Below you can find information on what this all entails.

Selection Process

The Academy will only consist of a **maximum of 60 swimmers**.

Membership is based on a commitment of **12 months** from **January 2024-December 2024**. *Please note that this is only available to swimmers aged between 10-16 (as of the **31/12/2024**).*

Due to high demand, there may be a waiting list >>> however we will let you know as soon as possible if a place becomes available. It's important to know that our criteria is not based on the best performing swimmers, but for those that we know of and who have demonstrated a great, positive attitude to learning, and a desire to develop as a swimmer and an athlete.

"Our vision is to help all swimmers develop the skills needed to become the best swimmer they can possibly be"

Programme

We believe that there are core fundamental skill sets, which we will introduce or continue to develop through coaching you throughout the year. We aim to cover all bases, not only **stroke techniques** but also race specifics such as **starts, turns, finishes, relay takeovers, underwater skills** and **breakouts**. We will also help with **race strategy** by guiding you in creating and executing your **race plans**.

Goal setting and visualisation are important parts of any athletes journey. Enabling these to create a clearer vision of the future in line with our version of the **Optimal Athlete Development Framework (OADF)**, is very important to us.

Subscription

As part of the monthly subscription, swimmers will:

- Have **2 x Pool Sessions each month**, at the prestigious **Sandwell Aquatics Centre**. This will be on **Sundays** between **12pm & 4pm**. (The dates for these will be set to try and avoid major swimming competitions such as Counties, Regionals and Nationals. We will aim to give you 6-8 weeks advance notice to help you plan ahead)
- **Detailed Race Analysis** >>> including a comprehensive breakdown, video recap and feedback.
- **Future access to Nutritionist professionals** to provide a fully rounded approach to your journey.
- **Swimgainz Academy Kit** (Poolside Shirt, Shorts and Swim Cap)
- Access to a weekly comprehensive **S&C program** with our partner **Oxolt Performance**
- **Coached Open Water Sessions** through the warmer months
- **10% off Swimgainz Merchandise**

What's the cost?

The monthly subscription cost is **£55 per swimmer**

If you're interested then please do fill out the **attached application form** and **return it** to us by **1st December 2023** >>> academy@swimgainz.co.uk

Or **click here** to complete online >>> [Swimgainz.co.uk/academyapplication](https://swimgainz.co.uk/academyapplication)

Looking forward to hearing back from you

A hand-drawn scribble consisting of two horizontal, slightly wavy lines, one above the other, in a dark grey or black color.

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