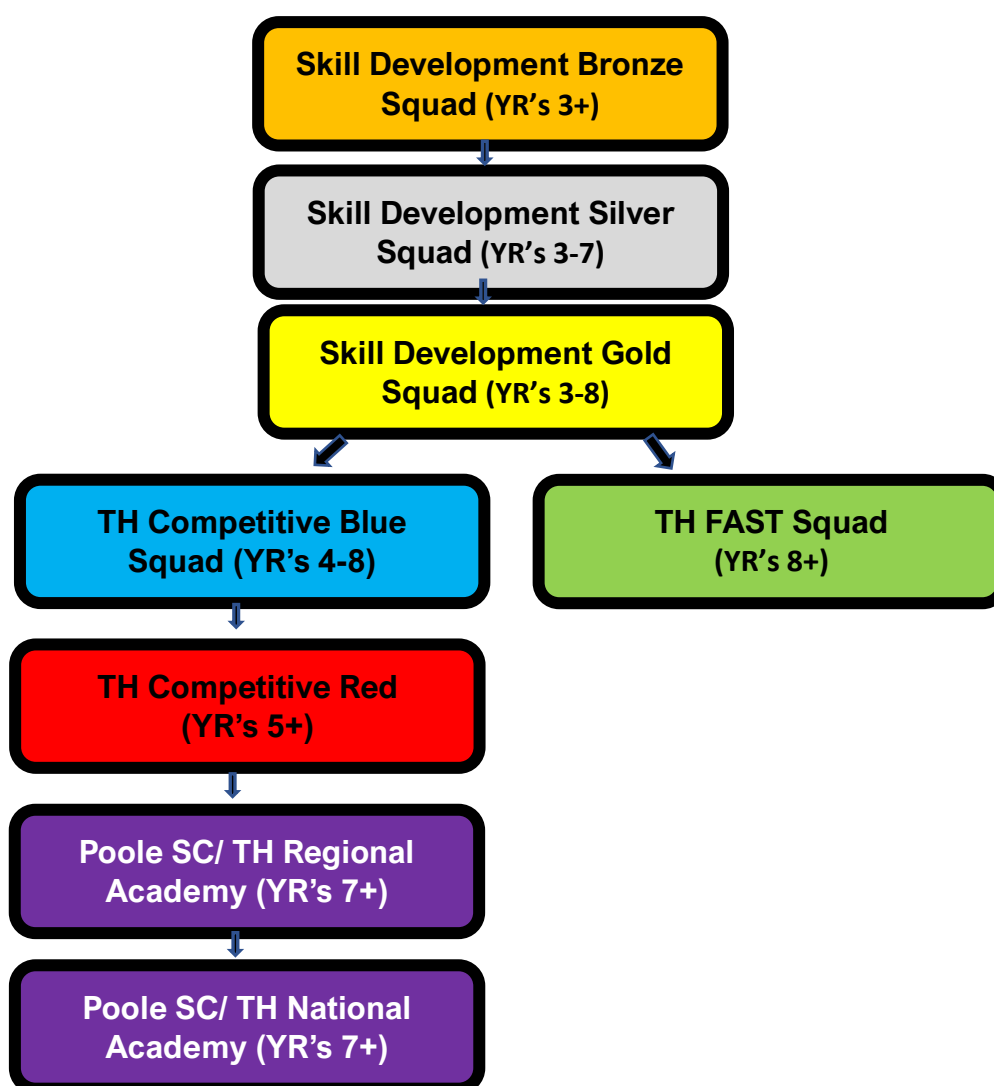




Talbot Heath School Swimming Pathway

This document outlines the TH Swimming Pathway, along with all necessary detail on each of the squads, their requirements, training timetable and fees. Should you have any questions after reading this document please email swimming@talbotheath.org.

Bronze, Silver, and Gold squads are to develop the sport of swimming around strokes, skills and laws. The Competitive Blue and Red squads are for pupils selected or good enough to start their competitive journey. The Competitive Squads require pupils to join Poole Swimming Club where more competitive experiences can be sought. At the Senior School level, two Academies (Regional and National) train full-time with Poole Swimming Club, with additional support offered to TH pupils within in-school day times. Scholarships are available for swimming from Senior School.





Talbot Heath
Independent School for Girls aged 3-18

HONOUR BEFORE HONOURS

Talbot Heath School Swimming Pathway Guide 24_25

Pathway Structure

Pupils in the Talbot Heath, Bronze, Silver, Gold, Competitive Blue, Competitive Red and TH FAST Squads train during term time only. During school holidays pupils in the Competitive Blue and Competitive Red squads **must** be members of Poole Swimming Club and can train with the associated squad at Poole Swimming Club during the holidays.

Pupils in the Bronze, Silver or Gold Skill Development Squads can also choose to join Poole Swimming Club, which opens more training and competing opportunities outside of the Talbot Heath Swimming Pathway.

Pupils in the Poole Swimming Club/ Talbot Heath Regional and National Academies train full-time all year round, with a season break in August.

Please see the Poole Membership Application form for further details on the varying levels of associated memberships.

If after reading this guide you are still interested in joining the Talbot Heath Swimming Pathway, please complete the TH Swimming Pathway Booking Form found in the parent's section on the website (link below). Due to its popularity, Squads have limited space. If we cannot accommodate space for your level presently, we will let you know when a space becomes available. Please note:

- There is a minimum standard for entry into each TH Swimming Pathway Squad with (Pages 3-4)
- The Swimming Pathway 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 Pathway Booking Form](#)



TH Swimming Squads Entrance Criteria

Bronze Squad (YR 3+)

Lead Coach Louis

To join the TH 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, change, and brush hair independently from parent/adult supervision and be able to prepare for the school day.
- Pupils in Year 2 will be able to join this squad from the Summer Term, once they have become used to school and changing independently.

Silver Squad (YR's 3 to 7)

Lead Coach Chris

To join the TH 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, change, brush hair independently from parent/adult supervision and prepare for the school day.

Gold Squad (YR's 3 to 8)

Lead Coach Chris

To join the TH 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 without fins.
- Dive into deep water.
- Shower, change, and brush hair independently from parent/adult supervision and prepare for the school day.



TH Competitive Blue Squad

Lead Coach Chris

This squad is for swimmers who demonstrate the potential ability to swim at a competitive level. In addition to building stamina, this squad will also focus on skills needed to race competitively. The squad will typically have pupils from Year 4 to Year 8. An additional Strength & Conditioning session is in place once a week to complement the strength required for swimming training and competing. To join the TH Swimming Competitive Blue Squad, 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

In addition to the training sessions available in this squad, through Poole Swimming Club memberships we encourage all pupils to train once a week with their associated Poole Swimming Club squad, in addition to school holiday training.

This squad will be expected to represent the school at internal and external galas and wear the appropriate TH Swimming kit, which is typically ordered during the Summer Term for the following academic year.

TH Competitive Red Squad

Lead Coach Jacob

The TH Competitive Red Squad has been created for all those swimmers who swim at a competitive level of county level and above from Year 5 upwards. These sessions will mirror those provided by Poole Swimming Club at the equivalent County level, but, have the added benefit of smaller swimmers per lane and a favorable timetable bolted onto the school day. A Strength and Conditioning session will take place to complement the strength required for swimming training and competing.

Where possible technical focus sessions will also be provided to these Pupils in smaller groups, led by Head Senior Performance Coaches Barry or Chris during the school day.

In addition to the training sessions available in this squad, through Poole Swimming Club memberships we encourage all pupils to train once a week with their associated Poole Swimming Club squad, in addition to school holiday training.

Swimmers must be able to attend 6 out of the 7 sessions available at the school.

This squad will be expected to represent the school at internal and external galas and wear the appropriate TH Swimming kit, which is typically ordered during the Summer Term for the following academic year. Senior School Pupils in this squad can wear a Swimming Uniform during school when there are two training sessions per day.



TH FAST Squad

Lead Coach: Louis

The TH FAST (Fitness And Social Training) squad is for those Pupils in Year 8 and above who wish to continue with their swimming journey but not at a competitive level or wish to use swimming as a training tool for other sports in which they participate. As such sessions will be geared towards a fitness and technical environment rather than competitive.

Poole Sc/ TH Regional and National Academies

Pupils swimming at the Regional or National level will train with the Poole Swimming Club Regional or National Academy. The Poole Swimming Club National Academy and Regional Academy Timetable can be viewed on this link here:

[Poole Swimming Club - Timetable \(teamunify.com\)](https://www.teamunify.com)

Pupils that attend Talbot Heath School will have the added benefits of:

- An additional Strength and Conditioning Programme and Personal Physical Development Plan.
- One technical session through each 2-week lesson timetable.
- Ability to consider dropping subjects to keep up with homework, or to use as an opportunity to meet with Swimming Coaches.
- Regular talks and workshops.
- Mentoring
- Term Fees for the Regional and National Academies are paid through Talbot Heath. An Annual Membership Fee for Swim England and Poole Swimming Club will be paid to Poole Swimming Club.

This squad will be expected to represent the school at internal and external galas and wear the appropriate TH Swimming kit, which is typically ordered during the Summer Term for the following academic year. Senior School Pupils in these squads can wear a Swimming Uniform during school when there are two training sessions per day.



2023/24 Timetable Skill Development Squads

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

*Swimmers from Gold squad showing potential for Competitive Swimming may be invited to an additional training session on Thursday Mornings alongside the Competitive Blue Squad (Maximum 6 swimmers per term)

2023/2024 Timetable Competitive Squads

Squad	Typical School Year	Hours Per Week Available	Monday AM	Monday PM	Tuesday AM	Wednesday PM	Thursday AM	Friday AM	Friday PM
Competitive Blue Squad	Years 4-8	5hrs, 45mins	07.15-08.45 Pool		07.45-08.30 (S & C)	15.50-16.50 Pool	07.15-08.45 Pool		15.50-16.50 Pool
Competitive Red Squad	Years 5+	9	07.15-08.45 Pool	15.50-16.50 Pool	07.15-08.45 Pool	15.50-16.50 (S & C)	07.15-08.45 Pool	07.15-08.45 Pool	15.50-16.50 Pool

2023/2024 Timetable TH (FAST) Fitness And Social Training Squad

Squad	Typical School Year	Hours Per Week Available	Tue AM	Fri AM
Fitness	Year 8+	2.5	07:30-08:45	07:30-08.45



Equipment List

Water Bottle + Pre or Post Training Snack
Mesh Kit Bag
Swimming Cap (and Spare in Kit Bag) available from Stevensons
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 TH Swimming 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

TH Swimming Pathway Training Fees

- Training fees are charged on a termly basis.
- 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 recognised that swimmers 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 Pathway Cancellation Form found on the link below:

[TH Swimming Pathway Cancellation Form](#)

Squad	Price Per Term
National Academy	£694
Regional Academy	£648
Competitive Red	£364
Competitive Blue	£257
TH FAST Squad	£207
Skill Development Gold	£166
Skill Development Silver	£129
Skill Development Bronze	£129