



# GRIMSBY AQUATICS SWIM TEAM

## The GAST Vision

Grimsby Aquatics' vision is to provide swimmers with the optimum environment and the right opportunities at each stage of their development. Through following the LTAD (Long Term Athlete Development) methodology, we will ensure each swimmer receives specific training relating to their stage of development. We will continue to strive for success through the provision of seamless pathways from early skill development through to international representation.

Grimsby Aquatics Swim Team aims to:

- Encourage and fulfil each swimmer's potential
- Provide an environment which promotes technique and skill across all four strokes
- Develop a highly skilled, committed and enthusiastic team of swimmers
- Teach a philosophy which encourages swimmers to always do their best and only judge themselves against themselves
- Embrace the Long Term Athlete Development methodology, encouraged and endorsed by British Swimming
- Prepare swimmers to be successful at Junior, Senior and International Level

The coaching team at Grimsby Aquatics has a wealth of experience and is committed to excellence in swimming. We are united in our desire to create an ambitious, positive and competitive swimming team.

The training programme includes a variety of training and racing protocols, including stroke efficiency, distance per stroke, stroke rate, pace control, and video analysis.

*"England Programmes passionately believes that to race internationally in the future, the basic fundamentals of efficient swimming need to be perfected as early as possible".*  
(England Talent Programmes)

Grimsby Aquatics Swim Team is underpinned and supported by Grimsby Aquatics Swim School which works to the ASA National plan.