

## JOINING FORCES TO COMPETE FOR MEDALS AT THE HIGHEST LEVEL

As a member of Team Mercia, you will compete as part of a bigger team at high level meets including Regional and National Championships. This creates the opportunity to field more and stronger relay teams that can genuinely challenge the big city clubs for medals in major competitions.



If you're a member of a participating club, your club will enter you into these meets under Team Mercia and you'll swim alongside the very best swimmers from other clubs within Coventry and District Swimming Association.



You don't need to do anything to join - just let your club know to be enrolled at zero cost. You can also purchase TM hats and T-shirts from your club.

[www.teammerciaswimming.org.uk](http://www.teammerciaswimming.org.uk)

## CREATING A HIGH PERFORMANCE SWIMMING ENVIRONMENT

Team Mercia creates a pathway of opportunity for talented Age Group and Youth swimmers from local clubs to train and compete together at Regional and National level. The aim is always to maximise the potential of the individual and provide opportunities which wouldn't otherwise exist.



Training alongside other talented and motivated swimmers from the local area fuels a high performance environment akin to that at the most successful clubs in the country. This encourages optimum individual and team performance in competition.



Team Mercia often provides the first step into higher level meets for younger competitors.

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## HIGH LEVEL MEETS & CLUB ACTIVITIES

### Meets for TM Swimmers

- British Summer Championships
- ASA English Summer Nationals
- Regional (West Midlands) Age Group and Youth Championships
- Spring Qualifying Window Level 1 Open Meets



### TM-Organised Meets

#### Annual L2 Open Meet

To raise funds for the activities of Team Mercia

#### Annual Fun Relay Gala

New Year Team-Building Get-Together

[www.teammerciaswimming.org.uk/CompetitionPlanner.aspx](http://www.teammerciaswimming.org.uk/CompetitionPlanner.aspx)

SHARING COACHING IDEAS  
AND RESOURCES TO BENEFIT  
OUR BEST SWIMMERS

Smaller swimming clubs struggle to provide the training required to maximise the potential of their highest-achieving swimmers due to limited resources and the demands of coaching a broad group of swimmers.



Team Mercia changes the dynamic for the clubs, the coaches and the swimmers. It provides an environment to allow coaches to collaborate on training methods and to share experiences, skills and best practice. The combined forces of this pool of coaching talent can then be used to bring out the best in our most promising young athletes.

POOLING RESOURCES TO  
SPREAD COSTS ACROSS OUR  
CLUBS

Financing travel and accommodation for coaches to support a relatively small group of swimmers, particularly at National competition, puts a strain on local clubs and demands a great deal of time and commitment from the coaches themselves.



Our structure means that Clubs can spread the cost of travel and accommodation that go along with supporting higher level meets and that swimmers always benefit from having a familiar face on poolside during the highest points in their competitive lives.



TEAM MERCIA  
SWIMMING CLUB