

# **Bridport Barracudas Swimming Club Ltd**

## **Swim 21 Links**



### **Swim 21 LTAD**

Bridport Barracudas Swimming Club (BBAW) is committed to the Swim 21 principles of Long Term Athlete Development (LTAD) and actively encourages links with other clubs. Barracudas swimmers have swum with the Tornados of South Dorset, Yeovil and District Swimming Club and the Warriors of West Dorset and swimmers from all three clubs, as well as swimmers from Chard and District Swimming Club, have swum with the Barracudas. Barracudas Jurassic Squad have access to 5.5 hours of water time per week under the direction of a Level 3 Club Coach and several Level 2 Coaches and there are also opportunities to take part in land-based training sessions. Barracudas runs a competitive programme focusing on success at County level but swimmers aspiring to compete at Regional or National level are encouraged to swim with other clubs whilst maintaining membership with their home club.

### **BBAW**

Barracudas is a friendly club that believes in swimming for all. Our teaching and coaching is based on the "process" goal of good technique; speed and endurance follow as a result of quality swimming. Our dedicated staff are experienced, qualified and approachable and we do not exert pressure on swimmers, parents, other coaches or clubs to move swimmers, or in the pursuit of results. Barracudas also has a strong Water Polo squad with players that compete at Regional level.

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