

A.N.T Swimming Club affiliates to Swim England and Somerset ASA

- Use of Innovative Swim Technology – Our coaches use MyJukes® Headsets for all Sessions, providing Real-Time feedback bespoke to the athlete.
- Open Water Swimming – Resident Coaches every weekend at Bristol Open Water Centre. (Apr to Oct)
- Supporting Clubs within the Region – Providing Masterclasses, Technique Clinics and Coach Mentoring and Support.
- Workshops – Delivering on Topics such as Mindset, Nutrition & Injury Prevention
- Partnering with Industry Professionals – IOC Sports Nutritionists, Mindset Authors & Presenters
- Strength & Conditioning – Deliver Bespoke Athlete Programmes by a Qualified Physical Training Instructor
- International Swim Camp – Feb 2020 – Providing athletes the opportunity to experience warm weather training.

"A.N.T Swimming are also fully committed to developing Young Volunteers and provide those athletes that are nearing or have finished their own swimming careers to remain involved within the sport they love. Ensuring the sport continues to evolve, A.N.T. will fully support Young Volunteers to progress with Teaching or Coaching Qualifications and Volunteer opportunities. A.N.T. Swimming have volunteered to facilitate and run the Somerset ASA Young Volunteer Programme for 2019-2020 and will work with YV's from all Somerset Clubs on the Swim England Young Volunteer Syllabus.

"On behalf of everyone at A.N.T. Swimming, we would like to thank everyone that has fully supported us during the process of joining Somerset ASA and the South West Region to achieve our Swim England Club Status. We cannot emphasise enough how well Swim England supports the process with model documents to ensure the governance of becoming a Club is straight forward, clear and transparent. We look forward to working within the Swim England family to bring some amazing benefits to our members."

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<http://www.somersetasa.org/sasa/en/News/News-Items?newsid=3976&smallscreen=1&pdfview=1>