

COACH AGREEMENT



Due to the intensity and high level of training at our camp we ask that athlete's receive permission to attend, from their current club coach. This form serves to confirm that the named athlete can complete the required skills and has the physical readiness to engage in training at a specified level, as outlined below. This form helps mitigate the risk of injury by confirming that an athlete is ready for the physical demands of the camp. The coach agreement can be signed by any level coach at the athlete's current club, provided that the coach has regular contact with the athlete and a good knowledge of their artistic swimming ability.

The undersigned coach affirms the following:

- **The athlete is capable of maintaining the required level of intensity and endurance for training (20 hours pool training, 5 hours of land training, and 5 hours of training workshops) over the course of 5 days**
- **The athlete is able to swim a continuous 400m freestyle in 8 minutes or less**
- **The athlete has demonstrated proficiency in the following artistic swimming skills:**
 - **Straight Ballet Leg, Barracuda, Vertical for 15 Support Sculls, Vertical 360 Spin, Dive Entry followed by Head First Boost**
 - **The athlete is able to perform these skills consistently and with a good level of execution.**
 - **UK athletes have passed Swim England Figure and Routine Grade 3**

Athlete's Artistic Swimming Club Name

Athlete's Name

Coach Name

Signed Date
(Coach)