



**TEEMS Global**

**X**

**AP Race**

**Clinic**

**A Premier Swimming Development  
Opportunity for Schools**

Think Outside the Book x Better Than Yesterday

# Think Outside the Book X Better Than Yesterday



**TEEMS Global**, in collaboration with **AP Race**, is pleased to present an exclusive opportunity for your school to host an AP Race Clinic. This world-class swimming clinic is designed to provide students with elite-level coaching, mentorship, and personal development, led by Olympic Champion Adam Peaty and his team of distinguished experts.

**AP Race** Founded by three-time Olympic Champion Adam Peaty OBE and his former training partner, Ed Baxter, AP Race is committed to transforming the sport of swimming through high-performance coaching and holistic athlete development. With a focus on technical precision, mental resilience, and sustainable practices, AP Race has successfully delivered swimming programmes worldwide.

# Why Partner With Teems Global & AP Race?



## Elite-Level Coaching

Direct instruction from Adam Peaty, Olympic champions, and expert coaches.

## Holistic Athlete Development

Focus on technical skills, strength and conditioning, and mental resilience.

## Engagement for Swimmers, Coaches, and Parents:

A comprehensive programme catering to all stakeholders in a swimmer's journey.

## Tailored Experience

Flexible scheduling and programme customisation to suit the school's requirements.

## Exclusive Access

Unique training insights from world-class athletes and industry-leading professionals.

# Clinic Programme Overview



## Swim Station

Stroke technique breakdown, including the underwater phase, led by Adam Peaty and Ed Baxter.

## Strength and Conditioning

Dryland training tailored for swimming performance, led by experienced trainers.

## Performance Psychology

Mental preparation and race-day strategies to optimise performance.

## Parent Support

Guidance for parents to support their child's swimming journey effectively.

## Presentation and Q&A

Adam Peaty shares his Olympic journey, insights, and motivation for young athletes.

## Autograph & Photo Session

Exclusive opportunity for attendees to engage with the AP Race team.

# Timetable



7:15 - 7:45am	Attendees arrive
7:45 - 8:00am	Introduction
8:00 - 9:45am	Station 1
10:00 - 11:30am	Station 2
11:30 - 12:30pm	Lunch
12:30 - 14:00pm	Station 3
14:15 - 15:00pm	Presentation
15:00 - 16:15pm	Autographs and Photos



# How Your School Benefits

## Enhances School Sporting Reputation

Position your institution as a leader in elite sports education

## Provides Students with a Unique Experience

A rare opportunity to train with Olympians.

## Builds a Stronger Swimming Programme

Implement best practices in training and performance development.

## Increases Parental and Community Engagement

Involve parents in an educational and supportive role.



## Next Steps



We invite your school to be part of this exclusive swimming experience. TEEMS Global and AP Race are ready to collaborate with you to bring this unparalleled training opportunity to your students.

For further discussions and scheduling details, please contact:

[paul@teemsglobal.org](mailto:paul@teemsglobal.org)

We look forward to working with you in shaping the future of young swimmers and fostering excellence in sports education.

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