

TEEMS Global

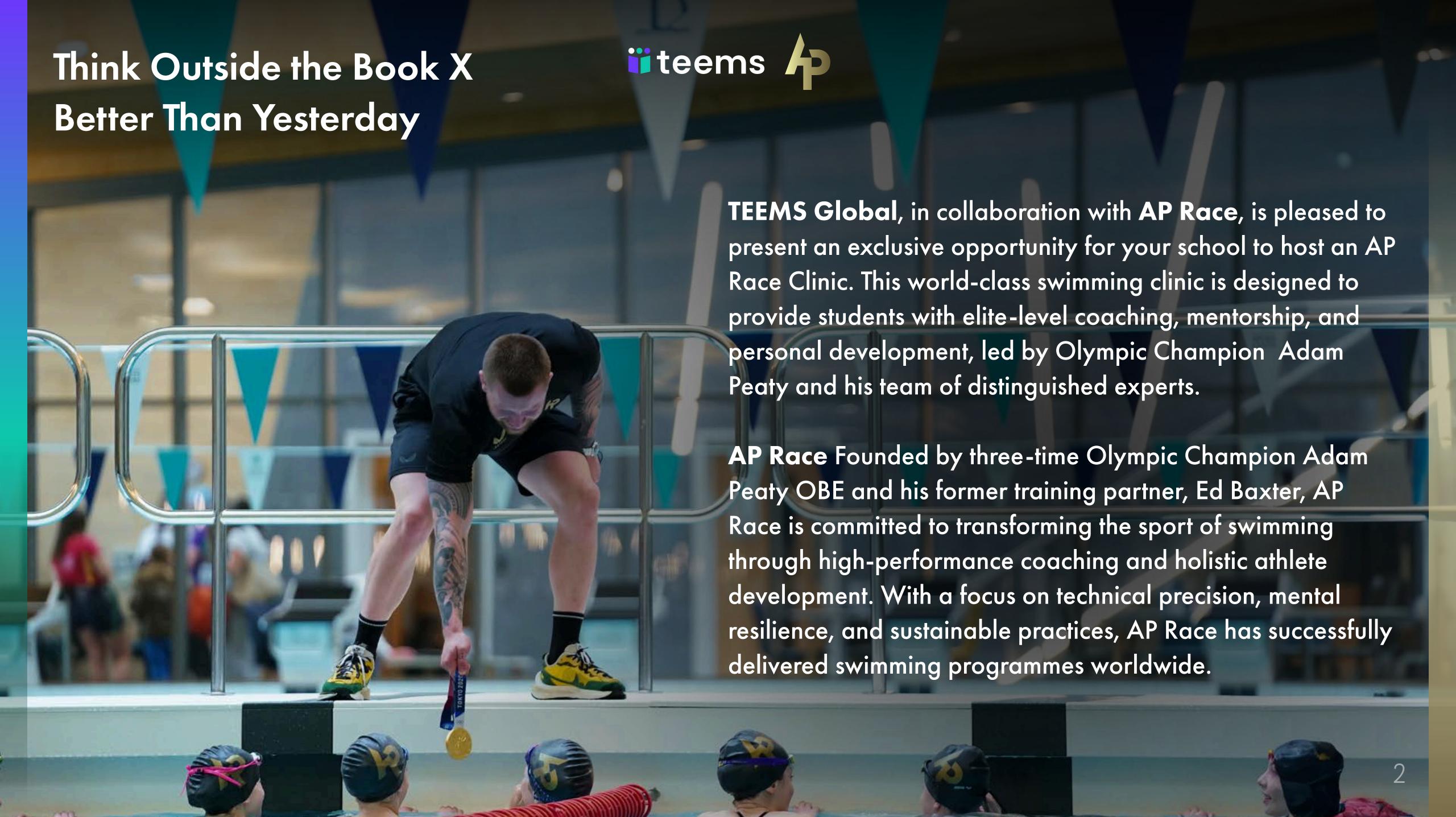
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AP Race

Clinic

A Premier Swimming Development Opportunity for Schools

Think Outside the Book x Better Than Yesterday



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.

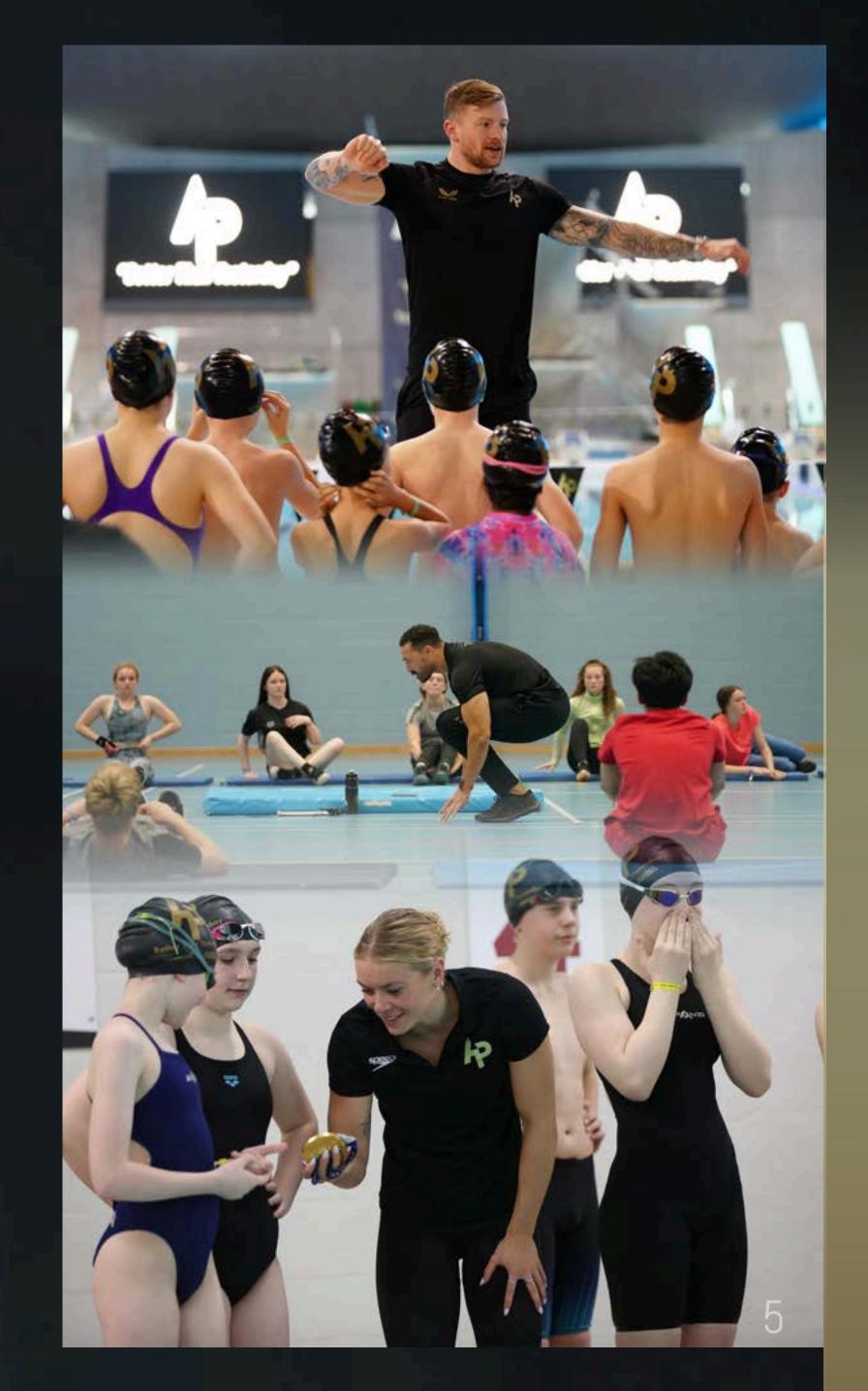
Autograph & Photo Session

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

Timetable



7:45 - 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	5 - 7:45am	rive
10:00 - 11:30am	15 - 8:00am	
11:30 - 12:30pm	00 - 9:45am	
12:30 - 14:00pm Station 3	:00 - 11:30am	
	30 - 12:30pm	
14:15 - 15:00pm Presentation	:30 - 14:00pm	
	:15 - 15:00pm	
15:00 - 16:15pm Autographs and Photos	:00 - 16:15pm	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

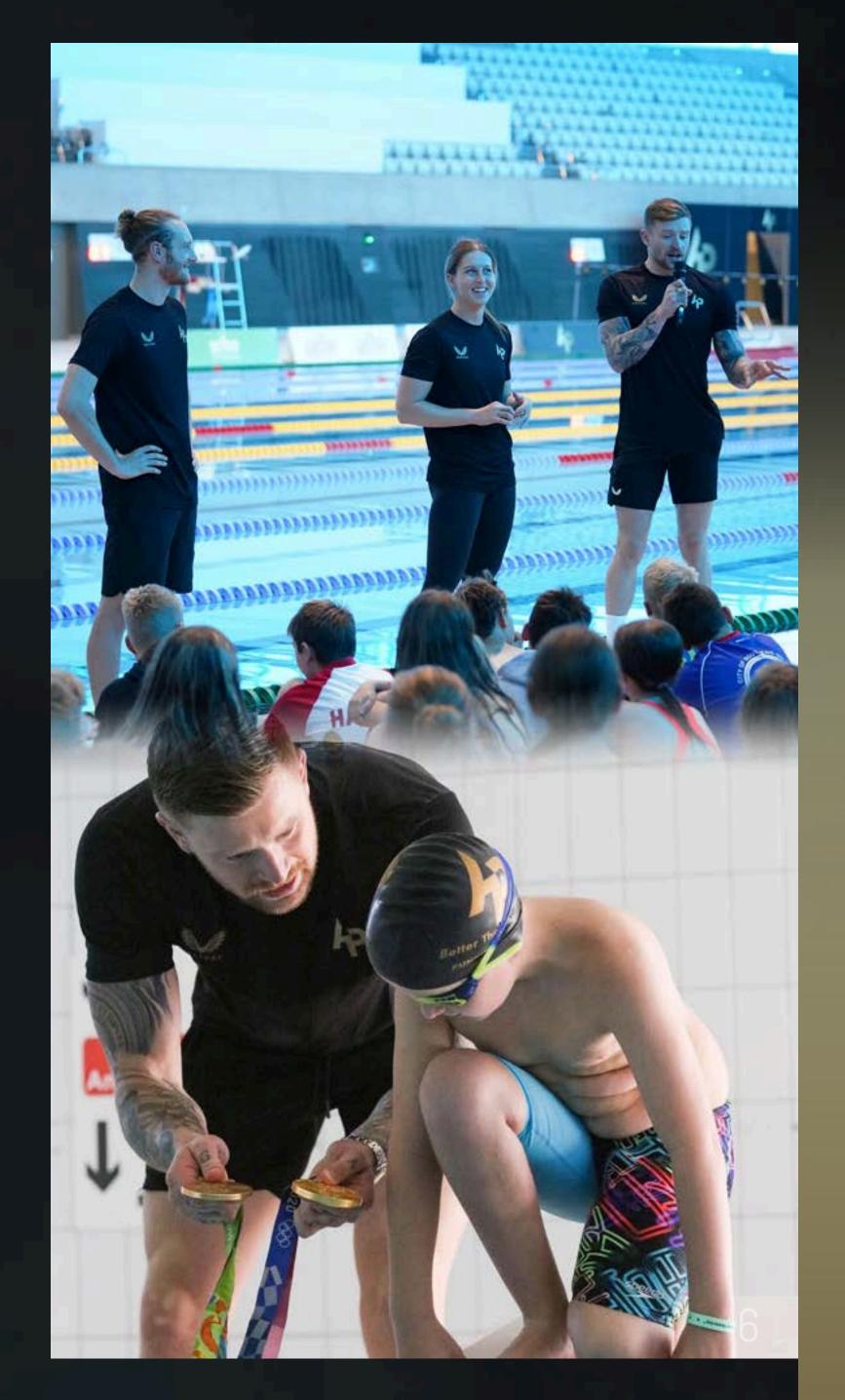
A rare opportunity to train with Olympians.

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

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

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