

CITY OF SHEFFIELD

SWIM SQUAD

Junior Olympic 1

Lead Coach – Jack Moulton

Assistants – Charlotte Holmes

Criteria

Swimmer will have swam to a Regional or National level within the last 12 months or have the potential to do so. 100% commitment to swimming and studies. Aged 11-15yrs

All external swimmer wanting to join the programme are to contact Assistant Head Coach Dan on dan.coacking@cosss.co.uk to arrange a trail period

Aims

British National Qualification

Competitions

County and Regional

British Championships

British and English Nationals

High Standard Open Meets

Training Times

	Pool	Land Training	Venue
Monday			
	18:00 - 19:30	17:30 - 18:00	Ponds Forge
Tuesday			
	18:00 - 19:45		Ponds Forge
Wednesday	05:30 - 07:00		Ponds Forge
	18:00 - 20:00	17:30 - 18:30	Ponds Forge
Thursday			
	18:00 - 19:30	19:30 - 19:45	Ponds Forge
Friday	05:30 - 07:00		Ponds Forge
	18:00 - 19:45	17:30 - 18:00	Ponds Forge
Saturday	05:30 - 07:30		Ponds Forge