

# CITY OF SHEFFIELD

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## SWIM SQUAD

Junior Olympic Development

Lead Coach – Charlotte Holmes

Assistants – Alex Powel

### Criteria

Swimmer will have swam or want to swim competitively at a junior age. 100% commitment to swimming and studies. Aged 12-17yrs

\*\*All external swimmer wanting to join the programme are to contact Assistant Head Coach Dan on [dan.coacking@cosss.co.uk](mailto:dan.coacking@cosss.co.uk) to arrange a trail period\*\*

### Aims

County and Regional Qualification

### Competitions

County and Regional

CoSSS Open Meets

Level 3 Open Meets

### Training Times

	Pool	Land Training	Venue
Monday			
	18:45 - 20:45		King Edwards
Tuesday			
	19:30 - 21:00	19:00 - 19:30	Concord
Wednesday	05:30 - 07:00		Ponds Forge
	18:00 - 19:00	17:30 - 18:00	Ponds Forge
Thursday			
	19:30 - 21:00		Graves
Friday			
	19:00 - 21:00		Graves
Saturday			