

# CITY OF SHEFFIELD

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## SWIM SQUAD

Masters

Lead Coach

Assistants

### Criteria

18yrs+ confident in 100m continuous swim and all 4 strokes.

\*\*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 trial period\*\*

### Competitions

Master competitions

### Training Times

	Pool	Venue
Monday		
	20:00 - 21:00	Ponds Forge
Tuesday		
Wednesday		
	20:00 - 21:00	Ponds Forge
Thursday		
	19:30 - 20:30	Ponds Forge
Friday		
Saturday		