

CITY OF SHEFFIELD

SWIM SQUAD

National Squad

Lead Coach – Dan Cocking

Assistants – Jack Moulton, Luke Howdle, Charlotte Holmes

Criteria

Swimmer will have swam to British National or English National Final standard within the last 12 months or have the potential to do so. 100% commitment to swimming and studies. Aged 13-17yrs

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

Aims

Junior international success

Competitions

County and Regional

British Championships

British and English Nationals

High Standard Open Meets

Training Times

	Pool	Land Training	Venue
Monday	05:30 - 07:30		Ponds Forge
	16:00 - 18:00	Cage	Ponds Forge
Tuesday	05:30 - 07:30		Ponds Forge
	16:00 - 18:00	Land	Ponds Forge
Wednesday			
	16:00 - 18:00		Ponds Forge
Thursday	05:30 - 07:30		Ponds Forge
	16:00 - 18:00	Cage	Ponds Forge
Friday			
	16:00 - 18:00		Ponds Forge
Saturday	05:30 - 07:30	Land	Ponds Forge