

# CITY OF SHEFFIELD

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## SWIM SQUAD

Junior Olympic 2 Black

Lead Coach – Lauren Burkinshaw

Assistants – Hannah Wardle

### Criteria

Swimmer will have swam to a County standard within the last 12 months or have the potential to do so. 100% commitment to swimming and studies. Aged 9-13yrs

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

### Aims

Regional Qualification

### Competitions

County and Regional

CoSSS Open Meets

Level 3 Open Meets

### Training Times

	Pool	Land Training	Venue
Monday			
	19:30 - 20:30	19:00 - 19:30	Ponds Forge
Tuesday			
	18:45 - 20:15		King Edwards
Wednesday			
	17:15 - 18:15		Westfield
Thursday			
	18:00 - 19:00	17:30 - 18:00	Ponds Forge
Friday			
	18:00 - 19:00		Ponds Forge
Saturday	05:30 - 07:30		Ponds Forge