

CITY OF SHEFFIELD

SWIM SQUAD

Junior Olympic 2 Red

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.coacking@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			
	18:00 - 19:00	17:30 - 18:00	Ponds Forge
Tuesday			
	18:00 - 19:00	17:30 - 18:00	Ponds Forge
Wednesday			
	16:15 - 17:15		Westfield
Thursday			
	18:45 - 20:15		King Edwards
Friday			
	19:00 - 20:00	18:30 - 19:00	Ponds Forge
Saturday	05:30 - 07:20		Ponds Forge