

CITY OF SHEFFIELD

SWIM SQUAD

Performance 1

Lead Coach – Mike Taylor

Assistants – Karen Clifton, Ben Lafferty, Jack Moulton

Criteria

Swimmer will have achieved 800+ FINA points within the last 12 months or have the potential to do so. Have represented their country at a Junior or Senior international level. 100% commitment to swimming and studies.

All external swimmer wanting to join the programme are to contact Head Coach Mike on mike.taylor@cosss.co.uk to arrange a trial period

Aims

International representation and success.

Competitions

County and Regional

British Championships and Nationals

High Standard Open Meets

Training Times

	Pool	Land Training	Venue
Monday	07:00 - 09:00		Ponds Forge
	16:00 - 18:00	Land	Ponds Forge
Tuesday	07:00 - 09:00		Ponds Forge
	16:00 - 18:00	Cage	Ponds Forge
Wednesday			
	16:00 - 18:00		Ponds Forge
Thursday	06:30 - 08:30	Land	Ponds Forge
	16:00 - 18:00		Ponds Forge
Friday			
	16:00 - 18:00		Ponds Forge
Saturday	05:30 - 07:30	Cage	Ponds Forge