

CITY OF SHEFFIELD

SWIM SQUAD

Performance 2

Lead Coach – Jack Moulton

Assistants –

Criteria

Swimmer will have achieved 600+ FINA points within the last 12 months or have the potential to do so. Have swam to and English National Standard. 100% commitment to swimming and studies.

Aged 18yrs+

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

Success on a domestic stage.

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
	14:00 - 16:00		Ponds Forge
Tuesday	05:30 - 07:30		Ponds Forge
	14:00 - 16:00	Cage	Ponds Forge
Wednesday	05:30 - 07:30		Ponds Forge
	14:00 - 16:00		Ponds Forge
Thursday			Ponds Forge
	13:30 - 15:30	Cage	Ponds Forge
Friday	05:30 - 07:30		Ponds Forge
	14:00 - 16:00		Ponds Forge
Saturday		Land	

