

CITY OF SHEFFIELD

SWIM SQUAD

Junior Olympic 4

Lead Coach Alyson Walrond

Assistants Claire Robinson

Criteria

Swimmers will have had swimming lessons and wish to commence a pathway to competitive swimming. Committed to swimming. Age Criteria 9 years plus.

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

Aims

To start the pathway for competitive swimming.

Competitions

Internal Galas
Level 3 Open Meets
County and Regional

Training Times

Monday	19.30 – 20.30	Ponds Forge – Leisure Pool
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