

## Junior Olympic 3

Lead Coach – Millie Glossop

Assistants – Sophie Pearson, Dan Cocking, Clare Robinson

### Criteria

Swimmers are aged between 6 and 9 years, are confident in deep water and 25m of Front crawl, Backstroke and Breaststroke and competent in 15m of Butterfly. Or are swimming at an ASA Stage 5 or higher level.

*Squad moves will be made inline with the criteria and the coaching teams' discretion.*

**\*\*All external swimmers 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

County qualification

### Competitions

County

Little Olympics & Malcom Hill

Level 3 Open Meets

### Training Times

**Monthly fees - £66**

	<b>Pool</b>	<b>Land Training</b>	<b>Venue</b>
Monday		18:30 - 19:00	Ponds Forge
	19:00 - 20:00		Ponds Forge
Tuesday			
Wednesday			
	18:45 - 19:45		King Edwards
Thursday			
Friday			
Saturday	7:30- 8:30am		King Edwards