

Junior Olympic Development

Lead Coach – Charlotte Holmes

Assistants – Alex Powel

Criteria

Swimmer will have swam or want to swim competitively at a junior age. 100% commitment to swimming and studies. Aged 12-17yrs

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

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

Aims

County and Regional Qualification

Competitions

County and Regional

CoSSS Open Meets

Level 3 Open Meets

Training Times

Monthly fees - £102

| | Pool | Land Training | Venue |
|-----------|---------------|---------------|--------------|
| Monday | | | |
| | 18:45 - 20:45 | | King Edwards |
| Tuesday | | | |
| | 19:30 - 21:00 | 19:00 - 19:30 | Concord |
| Wednesday | 05:30 - 07:00 | | Ponds Forge |
| | 18:00 - 19:00 | 17:30 - 18:00 | Ponds Forge |
| Thursday | | | |
| | 19:00 – 20:30 | | Graves |
| Friday | | | |
| | 19:00 - 21:00 | | Graves |
| Saturday | | | |