

National Squad

Lead Coach – Dan Cocking

Assistants – Jack Moulton, Luke Howdle

Criteria

Swimmer will have swam to British National or English National Final standard within the last 12 months or have the potential to do so. 100% commitment to swimming and studies. Aged 13-17yrs

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

Junior international success

Competitions

County and Regional

British Championships

British and English Nationals

High Standard Open Meets

Training Times

Monthly fee - £122

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