

Performance 2

Lead Coach – Jack Moulton

Assistants – Lauren Burkinshaw

Criteria

Swimmer will have achieved 700+ FINA points within the last 12 months or have the potential to do so. Have swum to English National Standard. 100% commitment to swimming and studies. Aged 18yrs+

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

****All external swimmers wanting to join the programme are to contact Head Coach Mike Taylor on mike.taylor@cosss.co.uk to arrange a trial period****

Aims

Success on a domestic stage.

Competitions

British Championships

British and English Nationals

High Standard Open Meets

Monthly fee - £110

Training Times

P2 Sessions Pre Pool 15 mins before session			
	AM	PM	Gym
Monday	6-8am	2-4pm	12-1:30pm Boys (Hallam)
Tuesday	5:30-7:30am	2-4pm	8:30-10am Girls and Distance group (Hallam)
Wednesday		2-4pm	4-5pm All 4-5:30pm Girls plus Distance Group (Cage)
Thursday	6-8am	1:30-3:30pm	11-12:30pm Boys (Hallam)
Friday	5:30-7:30am	2-4pm	
Saturday			6-7:30am All (Cage)