

Junior Olympic 1

Lead Coach – Jack Moulton

Assistants – Charlotte Holmes, Lauren Burkinshaw, Amelia Monaghan, Barney Howarth-Osborne

Squad Liaison – Niala Anderson

Criteria

Swimmer will have swam to a Regional or National level within the last 12 months or have the potential to do so. 100% commitment to swimming and studies. Aged 11-14yrs

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

British National Qualification

Competitions

County and Regional

British and English Nationals

High Standard Open Meets

Training Times

Monthly fees - £112

	Pool	Land Training	Venue
Monday	05:30-07:00		Ponds Forge
	18:00 - 19:30	17:30 -18:00	Ponds Forge
Tuesday			
	18:00 - 19:45		Ponds Forge
Wednesday	18:00 - 20:00	17:30 -18:30	Ponds Forge
Thursday		17:40-6pm (Skipping)	
	18:00 - 19:30	19:30 - 19:45 (Stretching)	Ponds Forge
Friday	05:30 - 07:00		Ponds Forge
	18:00 - 19:45	17:30 - 18:00	Ponds Forge
Saturday	05:30 - 07:30	07:30-07:45 (Stretching)	Ponds Forge