

Junior Olympic 2 Red

Lead Coach – Lauren Burkinshaw

Assistants – Hannah Wardle, Amy Bell, Katie Hirst, Adam Wilson

Squad Liaison – Giselle Grocock

Criteria

Swimmer will have swam to a County standard within the last 12 months or have the potential to do so. 100% commitment to swimming and studies. Aged 9-13yrs

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

Regional Qualification

Competitions

County and Regional

CoSSS Open Meets

Level 3 Open Meets

Training Times

Monthly fees - £102

	Pool	Land Training	Venue
Monday			
	18:00 - 19:00	17:30 - 18:00	Ponds Forge
Tuesday			
	18:00 - 19:00	17:30 - 18:00	Ponds Forge
Wednesday			
	16:15 - 17:15		Westfield
Thursday			
	18:45 - 20:15		King Edwards
Friday			
	19:00 - 20:00	18:30 - 19:00	Ponds Forge
Saturday	05:30 - 07:20		Ponds Forge