

Junior Olympic Development

Lead Coach – Charlotte Holmes

Assistants – Alex Powel, Molly Coen

Squad Liaison – Dawn Charlesworth

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, Regional and National Qualification

Competitions

County and Regional

CoSSS Open Meets

Level 3 Open Meets

Training Times

Monthly fees - £102

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