

## Performance 1

Lead Coach – Mike Taylor

Assistants – Karen Clifton, Lauren Burkinshaw

### Criteria

Swimmer will have achieved 800+ FINA points within the last 12 months or have the potential to do so. Have represented their country at a Junior or Senior international level. 100% commitment to swimming and studies.

*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 Head Coach Mike on [mike.taylor@cosss.co.uk](mailto:mike.taylor@cosss.co.uk) to arrange a trial period\*\***

### Aims

International representation and success.

### Competitions

County and Regional

British Championships and Nationals

High Standard Open Meets

### Training Times

**Monthly fee - £143**

	<b>Pool</b>	<b>Land Training</b>	<b>Venue</b>
Monday	07:00 - 09:00		Ponds Forge
	16:00 - 18:00	Hallam	Ponds Forge
Tuesday	07:00 - 09:00		Ponds Forge
	16:00 - 18:00	Cage	Ponds Forge
Wednesday			
	16:00 - 18:00		Ponds Forge
Thursday	06:30 - 08:30	Hallam	Ponds Forge
	16:00 - 18:00		Ponds Forge
Friday			
	16:00 - 18:00		Ponds Forge
Saturday	05:30 - 07:30	Cage	Ponds Forge

