

Junior Olympic 2 Black

Lead Coach – Adam Wilson

Assistants – Hannah Wardle, Barney Howarth-Osbourne

Squad Liaison – Sarah Croft

Squad Moves,

Squad moves will be made at the coaching teams' discretion.

****All external swimmer wanting to join the programme are to contact Performance Coach Jack on jack.moulton@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 - £112

	Pool	Land Training	Venue
Monday			
	19:30 - 20:30	19:00 - 19:30	Ponds Forge
Tuesday			
	18:45 - 20:15		King Edwards
Wednesday			
	17:15 - 18:15		Westfield
Thursday			
	18:00 - 19:00	17:30 - 18:00	Ponds Forge
Friday			
	18:00 - 19:00	17:30 – 18:00	Ponds Forge
Saturday	06:00 – 08:00		Ponds Forge