

Junior Olympic 3

Lead Coach – Millie Glossop

Assistants – Sarah Routledge

Squad Liaison – Sarah Routledge

Criteria

Swimmers are aged between 6 and 10 years, are confident in deep water and 25m of Front crawl, Backstroke and Breaststroke and competent in 15m of Butterfly. Or are swimming at an ASA Stage 5 or higher level.

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

County qualification

Competitions

County

Little Olympics & Malcom Hill

Level 3 Open Meets

Training Times

Monthly fees - £72

	Pool	Land Training	Venue
Monday		18:30 - 19:00	Ponds Forge
	19:00 - 20:00		Ponds Forge
Tuesday			
Wednesday			
	18:45 - 19:45		King Edwards
Thursday			
Friday			
Saturday	7:30- 8:30am		King Edwards