

National Squad

Lead Coach – Jack Moulton

Assistants – Lauren Burkinshaw

Squad Liaison – Gail Harrison

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

Junior international representation and success

Competitions

County and Regional

British Championships

British and English Nationals

High Standard Open Meets

Training Times

Monthly fee - £134

	Pool	Land Training	Venue
Monday	05:30 - 07:30		Ponds Forge
	16:00 - 18:00	Land	Ponds Forge
Tuesday	05:30 - 07:30		Ponds Forge
	16:00 - 18:00	Land	Ponds Forge
Wednesday			
	16:00 - 18:00		Ponds Forge
Thursday	05:30 - 07:30		Ponds Forge
	16:00 - 18:00	Land	Ponds Forge
Friday			
	16:00 - 18:00		Ponds Forge
Saturday	05:30 - 07:30	Land	Ponds Forge