

## Performance 2

Lead Coach – Jack Moulton

Assistants – Lauren Burkinshaw

### Criteria

Swimmer will have achieved 700+ FINA points within the last 12 months or have the potential to do so. Have swam to and English National Standard. 100% commitment to swimming and studies. Aged 18yrs+

*Squad moves will be made in line with the criteria and the coaching teams' discretion.*

**\*\*All external swimmer wanting to join the programme are to contact Performance Coach Jack on [jack.moulton@cosss.co.uk](mailto:jack.moulton@cosss.co.uk) to arrange a trial period\*\***

### Aims

Success on a domestic stage.

### Competitions

British Championships

British and English Nationals

High Standard Open Meets

### Training Times

**Monthly fee - £121**

P2 Sessions Pre Pool 15 mins before session			
	AM	PM	Gym
Monday	06:30-08:30am	2-4pm	4:15-5:15pm (Cage)
Tuesday	06:30-08:30am	2-4pm	4:00-5:30pm (Cage)
Wednesday		2-4pm	4:00-5:00pm (Cage)
Thursday	06:30-08:30am	1:30-3:30pm	3:45-5pm (Cage)
Friday	06:30-08:30am	2-4pm	
Saturday			6-7:30am All (Cage)