

Junior Olympic 2 Black

Lead Coach – Adam Wilson

Assistants – Sarah Rutledge

Squad Liaison – Sarah Croft

### **Squad Moves,**

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

### **Standards,**

*Able to show all 4 club vales of Ambition, Humble, Hardworking and TeamFirst. 100% attendance to session assigned by coach. Saturday morning training attended as a non-negotiable.*

**\*\*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**

Regional Qualification

### **Competitions**

County and Regional

CoSSS Open Meets

Level 3 Open Meets

### **Training Times**

**Monthly fees - £119.50**

	<b>Pool</b>	<b>Land Training</b>	<b>Venue</b>
Monday			
	19:00 - 20:00	18:30 - 19:00	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			
	17:30 – 18:30	18:30 - 19:00	Ponds Forge
Saturday	11 yrs+ 05:45 - 07:20		Ponds Forge

