

Junior Olympic 2 Red

Lead Coach – Millie Glossop

Assistants – Ryan Griffiths

Squad Liaison – Giselle Grocock

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 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

	Pool	Land Training	Venue
Monday			
	18:00 - 19:00	17:30 - 18:00	Ponds Forge
Tuesday			
	18:00 - 19:00	17:30 - 18:00	Ponds Forge
Wednesday			
	16:15 - 17:15		Westfield
Thursday			
	18:45 - 20:15		King Edwards
Friday			
	18:30 – 19:30	18:00 - 18:30	Ponds Forge
Saturday	11 yrs+ 05:45 - 07:20		Ponds Forge,