

Junior Olympic Development – Age Group

Lead Coach – Jack Stretton

Assistants – Nathan Wyche

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

County and Regional Qualification

Competitions

County and Regional

CoSSS Open Meets

Level 3 Open Meets

Training Times

Monthly fees - £112.50

	Pool	Land Training	Venue
Monday			
	19:30 - 20:30	19:00 - 19:30	Ponds Forge Main Pool
Tuesday			
	18:40 - 20:10		Ponds Forge Leisure Pool
Wednesday			
	19:00 – 20:00	18:15 – 18:50	Ponds Forge Leisure Pool
Thursday			
	19:30 – 20:30		Ponds Forge Leisure Pool
Friday			
	19:30-20:30	19:00 – 19:30	Ponds Forge Main Pool