

Junior Olympic 1

Lead Coach – Lauren Burkinshaw

Assistants – Hannah Wardle, Ben Cross

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.

****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

British National Qualification

Competitions

County and Regional

British and English Nationals

High Standard Open Meets

Training Times

Monthly fees - £135

	Pool	Land Training	Venue
Monday	Selected - 05:30-07:30		Ponds Forge
	18:00 - 19:30	17:30 -18:00	Ponds Forge
Tuesday			
	18:00 - 19:45		Ponds Forge
Wednesday	18:00 - 20:00	17:30 -18:30	Ponds Forge
Thursday		17:40-6pm (Skipping in January)	
	18:00 - 19:30	19:30 - 19:45 (Stretching)	Ponds Forge
Friday	05:30 - 07:00		Ponds Forge
	18:00 - 19:45	17:30 - 18:00	Ponds Forge
Saturday	05:30 - 07:30	07:30-07:45 (Stretching)	Ponds Forge