

## Junior Olympic 3

Lead Coach – Jack Moulton

Assistants – Isla Jones, Beth Walker, Matt Moonie, Kay-Leigh Boot

### Criteria

Swimmers are aged between 6 and 10 years, are confident in deep water and 25m of Front crawl, Backstroke and Breaststroke and competent in 15m of Butterfly. Or are swimming at an ASA Stage 5 or higher level. (Age Dependant).

*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](mailto:jack.moulton@cosss.co.uk) to arrange a trial period\*\***

### Aims

County qualification

### Competitions

County

Mini Meets

Level 3 Open Meets

### Training Times

**Monthly fees - £79.50**

|           | <b>Pool</b>   | <b>Land Training</b> | <b>Venue</b> |
|-----------|---------------|----------------------|--------------|
| Monday    |               | 18:30 - 19:00        | Ponds Forge  |
|           | 19:00 - 20:00 |                      | Ponds Forge  |
| Tuesday   |               |                      |              |
|           |               |                      |              |
| Wednesday |               |                      |              |
|           | 18:45 - 19:45 |                      | King Edwards |
| Thursday  |               |                      |              |
|           |               |                      |              |
| Friday    |               |                      |              |
|           |               |                      |              |
| Saturday  | 7:30- 8:30am  |                      | King Edwards |