

## Junior Olympic 1

Lead Coach – Lauren Burkinshaw

Assistants – Matt Moonie, 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](mailto: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    | 05:30-07:00   |                             | Ponds Forge |
|           |               | 17:00-18:30                 | Ponds Forge |
| Tuesday   |               |                             |             |
|           | 18:00 - 19:45 |                             | Ponds Forge |
| Wednesday | 17:30-19:00   | 16:30-17:30                 | Ponds Forge |
| Thursday  |               |                             |             |
|           | 17:30-19:00   | 17:00-17:30                 | 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<br>(Stretching) | Ponds Forge |