

Junior Olympic 2 Black

Lead Coach – Millie Glossop

Assistants – Sarah Rutledge

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 - £123

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