

National Squad

Lead Coach – Jack Moulton

Assistants – Millie Glossop, Matt Monie, Kate Clifton

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

Junior international representation and success

Competitions

County and Regional

British Championships

British and English Nationals

High Standard Open Meets

Training Times

Monthly fee - £147

	Pool	Land Training	Venue
Monday	05:30 - 07:30		Ponds Forge
	16:00 - 18:00	18:15-19:15	Ponds Forge
Tuesday	05:30 - 07:30		Ponds Forge
	16:00 – 17:00	17:15-19:00	Ponds Forge
Wednesday			
	16:00 – 17:30	Pull Ups	Ponds Forge
Thursday	05:30 - 07:30		Ponds Forge
	16:00 - 18:00	18:15-19:15	Ponds Forge
Friday			
	16:00 - 18:00		Ponds Forge
Saturday	05:30 - 07:30	07:45-09:00	Ponds Forge