

Junior Olympic Development – Age Group

Lead Coach – Jack Stretton

Assistants – Nathan Wyche

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

County and Regional Qualification

Competitions

County and Regional

CoSSS Open Meets

Level 3 Open Meets

Training Times

Monthly fees - £112.50

	Pool	Land Training	Venue
Monday			
	19:00-20:00		Ponds Forge Main Pool
Tuesday			
	18:40 - 20:10	18:00-18:30	Ponds Forge Leisure Pool
Wednesday			
	19:00 – 20:00	18:30-19:00	Ponds Forge Main Pool
Thursday			
	19:30 – 20:30	19:00-19:30	Ponds Forge Leisure Pool
Friday			
Saturday	07:00-08:00		Ponds Forge Leisure Pool