



## County Age/Youth Squad

**Coach:** Paul Laughey (evenings) and Jon Wills (mornings)

**Assistant Coaches:** Emma Dodd, Steve Witcombe

**Fees:** £76 per month

### Training Timetable:

Day	Time	Venue
Wednesday	5.20-6.50am	Kingswood Leisure Centre
Wednesday	8-9pm	Kingswood Leisure Centre
Friday	7.30-9.15pm	Kingswood Leisure Centre
Sunday	6.30-8pm	Kingswood Leisure Centre

### Venue address:

Kingswood Leisure Centre  
Church Road  
Staple Hill  
BS16 4RH

## Squad Criteria

- Competition age 13 yrs and over.
- Must maintain a minimum of 70% attendance across the year. All morning attendance compulsory unless agreed by the Head Coach. Swimmers who fall behind on attendance will be directed to an alternative swimming pathway.
- Must show multiple emerging OADF characteristics.
- Swimmers must compete in galas and open meets.
- All swimmers are subject to a 3-month week rolling review period.
- Black club hats only for training and competition.
- Expected to arrive 15 mins prior to the start of training.
- Expected to carry out mobility and stretching, before and after training/ competition.
- Must attend training the night before and after every competition.
- Must only compete in competitions listed on the club's calendar.



- Must report to the coach before and after every race.
- Expected to complete full warm-up and swim-down protocols.
- Expected to take part in every race and final entered unless notified by the Head Coach.
- Contact the coach if absent or unable to fulfil criteria.
- Appropriate reasonable adjustments will be made for para athletes. Please contact Head Coach.