County Age/Youth Squad

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

**Assistant Coaches**: Claire Kerslake, Emma Dodd, Lisanne Hunt, Steve Witcombe

**Fees**: £69 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**

**County Age & Youth**

* 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.