



County Development Squad

Coach: Ashley Barnett

Assistant Coaches: Emma Dodd, Steve Witcombe

Fees: £66 per month

Training Timetable:

Day	Time	Venue
Monday	6.30-7.30pm	Kingswood Leisure Centre
Wednesday	7-8pm	Kingswood Leisure Centre
Thursday	5-6pm	Kingswood Leisure Centre
Sunday	6.30-8pm	Kingswood Leisure Centre

Venue address:

Kingswood Leisure Centre
Church Road
Staple Hill
BS16 4RH

Squad Criteria

- Must maintain a minimum of 70% attendance across the year. Swimmers who fall behind on attendance will be directed to an alternative swimming pathway.
- Competition age 13 yrs and under.
- Must be competent across all strokes.
- All swimmers are subject to a 3-month rolling review period.
- Coaches will be looking to progress swimmers displaying strong OADF attributes.
- Swimmers must show a clear desire to compete.
- Black club hats only for training & 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 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.