County Development Squad

**Coach**: Ashley Barnett

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

**Fees**: £55.50 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

County Development Squad

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.