



National Potential Squad

Coach: Jon Wills

Assistant Coaches: Emma Dodd

Poolside Helper: Alison Dodd

Fees: £136 per month

Training Timetable:

Day	Time	Venue
Monday	5-7pm	Winterbourne International Academy
Tuesday	5.20-6.50am	Kingswood Leisure Centre
Tuesday	4.30-6pm	Land Training - Winterbourne International Academy
Wednesday	5.20-6.50am	Kingswood Leisure Centre
Wednesday	7-9pm	Winterbourne International Academy
Thursday	5-6pm	Land Training – Kingswood Leisure Centre
Friday	5.20-6.50am	Kingswood Leisure Centre
Friday	5.30-7.30pm	Kingswood Leisure Centre
Saturday	8.30-10am	Winterbourne International Academy
Sunday	4.30-7pm	Sports Training Village, Bath University

Venue addresses:

Kingswood Leisure Centre
Church Road
Staple Hill
BS16 4RH

Winterbourne International Academy
Flaxpit Lane
Winterbourne
BS36 1LA

Sports Training Village
Claverton Down Road
Claverton Down
Combe Down
Bath
BA2 7AY



Squad Criteria

National Potential

- Regional qualifier and above.
- Competition age 13yrs and over.
- Must maintain a minimum of 90% attendance across the year. All morning attendance and land training is compulsory. Swimmers who fall behind on attendance will be directed to an alternative squad.
- During exam periods swimmers must meet with Head Coach and maintain a minimum of 6 pool sessions.
- Must show strong future performer OADF characteristics.
- Swimmers must show dedication and a drive to achieve at the highest level of competition.
- All swimmers are subject to a 3-month rolling review period.
- Black club hats must be worn in training & competition (if you wear one).
- 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 complete the above criteria.
- PAYG Invitational – must be aged 18+ and achieving national qualification times/ranking.
- Appropriate reasonable adjustments will be made for para athletes. Please contact Head Coach.