**National Potential Squad**

**Coach**: Jon Wills

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

**Fees**: £110 per month

Training Timetable:

|  |  |  |
| --- | --- | --- |
| **Day** | **Time** | **Venue** |
| Monday | 5-7pm | Winterbourne International Academy |
| Tuesday | 5.20-6.50am | Kingswood Leisure Centre |
| Tuesday | 7-8.30pm | 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 | 5-7pm | Sports Training Village, Bath University |

**Venue addresses**:

Kingswood Leisure Centre Winterbourne International Academy

Church Road Flaxpit Lane

Staple Hill Winterbourne

BS16 4RH 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.