Regional Potential Squad

**Coach**: Paul Laughey (Kingswood) and Jon Wills (Bath and Winterbourne, and Kingswood morning sessions)

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

**Fees:** £75 per month

Training Timetable:

|  |  |  |
| --- | --- | --- |
| **Day** | **Time** | **Venue** |
| Tuesday | 6-7pm | Kingswood Leisure Centre |
| Wednesday | 5.20-6.50am | Kingswood Leisure Centre |
| Wednesday | 5-7pm | Winterbourne International Academy |
| Friday | 7.30-9.15pm | Kingswood Leisure Centre |
| Sunday | 3.30-5pm | 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

**Regional potential**

* Aspiring regional qualifiers.
* Competition age 13 yrs and under.
* Must maintain a minimum of 80% attendance across the year. All morning attendance is compulsory. Swimmers who fall behind on attendance will be directed to an alternative squad.
* Must show multiple emerging OADF characteristics.
* Swimmers must show a clear desire to compete.
* All swimmers are subject to a 3-month 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.