



## COUNTY SQUAD

**LEAD COACH:** Carla Bickerstaffe     **OTHER COACHES:** Jake Golding

### SQUAD CRITERIA:

- Swimmers will have qualified or be working towards qualifying for Derbyshire County Championships.
- There are five sessions available and swimmers are encouraged to attend a minimum of four sessions to enable progression.

### AIMS:

- Representation at Derbyshire County competitions.
- This squad will assist with the swimmers long term development by introducing advanced swimming technique, competitive start, turn and finishes technique and by educating in how to train e.g. warm ups, swim downs, individual medley, endurance, clock reading and lane discipline.

### COMPETITIONS:

- Derbyshire County Championships.
- Level 3 Open Meets.
- Local Leagues.

### EQUIPMENT:

- Hat, Goggles, Drinks bottle, Kick board, Pull buoy, Short fins, Paddles. Any other equipment required will be supplied by the coaches.

### LAND TRAINING:

- Minimum of one session to be attended as well as, NOT instead of, swimming sessions.

### TRAINING TIMES:

	AM	PM	Land
Monday			
Tuesday		18:45 – 20:00 Staveley HLC	
Wednesday			
Thursday		16:00 – 17:30 Queen’s Park	
Friday		17:30 – 19:00 Brookfield	
Saturday	08:00 – 09:30 Brookfield		
Sunday		18:30 – 19:45 Queen’s Park	20:00 – 20:45 Queen’s Park

### MONTHLY FEES: £48

Information correct as of 7<sup>th</sup> February 2012.

