



DEVELOPMENT SQUAD

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

SQUAD CRITERIA:

- Swimmers will have graduated Sharks with all badges/stickers.
- There are three sessions available and swimmers are encouraged to attend all three sessions to enable progression.

AIMS:

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

COMPETITIONS:

- Club competitions.

EQUIPMENT:

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

TRAINING TIMES:

	AM	PM	Land
Monday			
Tuesday			
Wednesday		17:00 – 18:00 Brookfield	
Thursday			
Friday		16:30 – 17:30 Brookfield	
Saturday			
Sunday		17:45 – 18:45 Queen’s Park	

MONTHLY FEES: £35

Information correct as of 7th February 2012.

