



REGIONAL SQUAD

LEAD COACH: Carla Bickerstaffe **OTHER COACHES:** Jake Golding, John Sinclair

SQUAD CRITERIA:

- Swimmers will have qualified for Derbyshire County Championships.
- Total commitment to training, attending a minimum of five out of six sessions.
- Swimmers will also be selected on their long term potential, attitude, attendance and commitment to the Chesterfield SC programme.
- Wild Cards – Any swimmer who the coaches feel would benefit from training in this group.

AIMS:

- Representation at Midland Regional competitions.
- Representation at Derbyshire County competitions.

COMPETITIONS:

- Midland Regional Championships.
- Derbyshire County Championships.
- Level 2 & 3 Open Meets.
- Local Leagues.

EQUIPMENT:

- Hat, Goggles, Drinks bottle, Kick board, Pull buoy, Short fins, Paddles, Snorkel & Ankle band. 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. Note: an additional Land Training session will be scheduled as soon as possible.

TRAINING TIMES:

	AM	PM	Land
Monday			
Tuesday		18:45 – 20:00 Staveley HLC	
Wednesday		18:00 – 19:30 Brookfield	
Thursday	05:15 – 07:15 Queen’s Park		
Friday		19:00 – 20:30 Brookfield	
Saturday	06:00 – 08:00 Eckington		
Sunday		18:45 – 20:45 Queen’s Park	17:45 – 18:30 Queen’s Park

MONTHLY FEES: £55

Information correct as of 7th February 2012.

