

SQUAD STRUCTURE

Our aim is to develop swimmers to their full potential in a disciplined and friendly environment.

Cosacss swimmers train within a tiered squad structure. Each tier fulfils their requirements as they develop their technical skills and mature as competitive swimmers.

These are our squads:

DEVELOPMENT SQUADS

This is the starting point on the competitive swimming ladder for many children. Swimmers from the age of 6 who can swim 200 metres continuously and are proficient at 3 strokes will be considered for entry to these squads. Here the emphasis is on Technique, including competitive starts & turns. The Development Squads have a maximum of 12 swimmers per group.

These squads train at Fenton Manor on Friday evening at the following times:

Development 1	4.45 p.m until 5.30 p.m.
Development 2	5.30 p.m. until 6.15 p.m.
Tuesday	5.30 p.m. until 6.30 p.m. New Horizons Academy Chell

INTRO SQUAD

This is the progression from the Development Squads. Here the swimmers start to learn how to train to become competitive swimmers. This squad has a maximum of 15 children.

Training is at New Horizons Academy Chell on Tuesday 5.30 p.m. until 6.30 p.m.
+ 1 Junior Session to be agreed with Junior Coach

JUNIOR SQUAD

The swimmers at this level concentrate on advanced stroke, starting, turning and finishing techniques. They learn the rules of competitive swimming and will be encouraged to swim in galas at a level consistent with their development. The Junior Squad is limited to 25 children

Children in this squad will be expected to attend a minimum of 3 training sessions per week.

Training times are as follows:

Monday 4.50 p.m. until 5.50 p.m. Fenton Manor
Wednesday 4.30 p.m. until 5.30 p.m. Fenton Manor
Friday 4.30 p.m. until 6 p.m. Fenton Manor
Saturday 7 a.m. until 8 a.m. Fenton Manor

COUNTY SQUAD

Technique continues to be the focus at this level, whilst developing an increased level of fitness. Children in this squad should be aiming to achieve qualification times to compete in County Championships and are expected to attend a minimum of 4 sessions per week. This squad contains a maximum of 25 swimmers.

Training times are as follows:

Monday 5.50 p.m. until 7.20 p.m. Fenton Manor
Tuesday 5.30 a.m. until 7 a.m. Fenton Manor
Wednesday 5.30 p.m. until 7.00 p.m. Fenton Manor
Friday 4.30 p.m. until 6.00 p.m. Fenton Manor
Saturday 6.30 a.m. until 8.00 a.m. Fenton Manor

NATIONAL SQUAD

This squad provides the link between County and Performance for our younger swimmers. It also caters for our older swimmers who can no longer commit to the demands of the Performance Squad but who still wish to remain competitive. Swimmers in this squad are expected to attend a minimum of 5 sessions per week including a Land training session. This squad is limited to approx 25 swimmers.

Training times are as follows:

Sunday 5.30 p.m. until 7 p.m. Newcastle under Lyme School (13 & Under only)
Tuesday 5.30 a.m. until 7 a.m. Fenton Manor
Tuesday 7.45 p.m. until 9.30 p.m. Newcastle under Lyme School (14 & Over)
Wednesday 6.15 p.m. until 8.15 p.m. New Horizons Academy Chell
Friday 5.30 a.m. until 7 a.m. Fenton Manor
Friday 6.00 p.m. until 8.00 p.m. Fenton Manor
Saturday 5.30 a.m. until 7.00 a.m. Fenton Manor 7.15 a.m. until 8.00 a.m. Land Training

NATIONAL PERFORMANCE SQUAD

This is our top squad where swimmers are expected to aim for Regional and National qualifying times. To achieve this level of success they are expected to attend a minimum of 6 sessions per week plus a land training session. This squad contains a maximum of 25 swimmers.

Training times are as follows:

Sunday 5.30 p.m. until 7 p.m. Newcastle under Lyme School (13 & Under only)
Tuesday 5.30 a.m. until 7 a.m. Fenton Manor
Tuesday 7.45p.m. until 9.30 p.m. Newcastle under Lyme School (14 & Over Only)
Wednesday 5.30 a.m. until 7 a.m. Fenton Manor
Wednesday 6.15 p.m. until 8.15 p.m New Horizons Academy Chell
Thursday 6.00 p.m. until 8.00p.m. New Horizons Academy Chell
Friday 5.30 a.m. until 7 a.m. Fenton Manor
Friday 6.00 p.m. until 8.00 p.m Fenton Manor
Saturday 5.30 a.m until 7.00a.m. Fenton Manor 7.15 a.m. until 8.00 a.m. Land Training

SENIOR TRAINING

A senior training squad is available for swimmers who wish to maintain a level of fitness but do not wish to take part in competitions. This squad is ideal for ex-competitors, Masters swimmers and Triathletes.

Training Times are:

Tuesday 5.30 a.m. until 7 a.m. Fenton Manor
Friday 5.30 a.m. until 7 a.m. Fenton Manor
Friday 8.10 p.m. until 9.10 p.m. Fenton Manor