

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
Land Training
Saturday 8.15am until 9am 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 and the maximum age is 14

Training times are as follows:

Monday 5.50 p.m until 7.20 p.m. Fenton Manor
Wednesday 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
Land Training
Saturday 8.15am until 9 am Fenton Manor

COUNTY PLUS SQUAD

This squad provides a link between County and Performance Squads

The swimmers attend all County Squad sessions and in addition attend Sunday Evening Session with Performance Age Group Squad

PERFORMANCE SQUADS

This is our top squad where swimmers are expected to aim for entry into Regional and National events. The squad is split into Age Group (13 and Under) and Youth (14 and over) To achieve this level of success they are expected to attend a minimum of 5 (age Group) and 6 (Youth) sessions per week plus a land training session.

Training times are as follows:

Sunday 5.30p.m.until 7 p.m. Newcastle under Lyme School (Age Group)
Tuesday 5.30 a.m. until 7 a.m. Fenton Manor
Tuesday 7.45p.m.until 9.30 p.m. Newcastle under Lyme School (Youth)
Wednesday 6.00 p.m. until 8.00p.m New Horizons Academy Chell
Thursday 5.30am until 7am Fenton Manor
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
Land Training 7.15 a.m.until 8.00 a.m

CLUB SQUAD

This squad is available for swimmers who have reached the maximum age for the County Squad but not yet achieved the criteria to progress to the Performance squads but still wish to compete

Training Times are as follows:

Tuesday Evening 8.15pm Until 9.45 pm Fenton Manor
Wednesday Evening 8pm Until 9.30 New Horizons Chell
Thursday Morning 5.30am Until 7 am Fenton Manor
Thursday Evening 8pm Until 9.30 Fenton Manor
Friday Morning 5.30 am until 7an Fenton Manor
Land Training
Saturday Morning 7.15 am Until 8 AM Fenton Manor

MASTERS TRAINING

A masters training squad is available for swimmers who cannot commit to the training requirements of the Performance or Club Squads but wish to maintain a level of fitness. This squad is ideal for ex-competitors, Masters swimmers and Triathletes.

Training Times are:

Tuesday Morning 5.30 a.m. until 7 a.m. Fenton Manor
Friday Morning 5.30 a.m. until 7 a.m. Fenton Manor
Friday Evening 8.10 p.m. until 9.10 p.m. Fenton Manor
Land Training
Saturday Morning 7.15am Until 8am Fenton Manor