

## Full Membership squads

Overall Training Programme will be delivered under the leadership of Head Coach: Mark Staiger

### Lead Coach Gold Programme: Mark Staiger

#### Pure Gold

- Principal Coach: Mark Staiger
- Up to 14.75hrs per week over 8 training sessions
- Land Training

#### White Gold

- Principal Coach: Alex Counsell
- Up to 14.25hrs per week over 8 training sessions
- Land Training

Students / university swimmers will be invited to swim in the most appropriate squad

### Lead Coach Silver Programme: Seb Leather

#### Silver

- Principal Coach: Seb Leather
- Up to 11.50hrs per week over 7 training sessions
- Land training

#### Silver Development

- Principal Coach: Louise Hargrave
- Up to 11hrs/9.5hrs per week over 7/6 training sessions

### Lead Coach Bronze Programme: Louise Hargrave

#### Bronze

- Principal Coach: Louise Hargrave
- Up to 6.25hrs per week over 4 training sessions

#### Bronze Development

- Principal Coach: Louise Hargrave
- Up to 5.75hrs per week over 4 training sessions

#### Cadets

- Principal Coach: Kerry Jones
- Up to 3.00hrs per week over 3 training sessions