



Training Squads – April 2018

| SQUAD | PROGRESSION REQUIREMENT |
|-------------|--|
| Development | Pass stroke assessment (50m – 4 strokes) including start, turn and finish Achieve a time of 1:40.00 or under for 100m Freestyle Stamina Test a) Swim 400m Freestyle continuously (with tumble turns) b) Swim 4 x 100m Freestyle off 2:10:00 repetition times |
| Junior | Achieve a time of 1:30:00 or under for 100m Freestyle Achieve a time of 3:35:00 or under for 200m IM |
| Bronze | Achieve a time of 1:20:00 or under for 100m Freestyle Achieve a time of 3:15:00 or under for 200m IM |
| Silver | Achieve a time of 1:07:50 or under for 100m Freestyle Achieve a time of 2:50:00 or under for 200m IM |

Development 1(6) (Monday)

Yasmin Cheema**
Georgia Jackson
Finn Oxley
Daisy Read
Ethan Ronan-Ulley
Charlie Sanderson

Development 2 (10) (Thursday)

Rebecca Faulkner*
Lucy Garforth**
Elise Howse
Emilia Sawicka
Olivia Sawicka
Amelie Spedding*
Vinnie Travis-Wild
Emily Twiddle
Hannah Twiddle*
Ethan Walpole

Junior (15)

Ben Armitage
Jessica Benton
Felicity Eyre
Abby Faulkner
Faith Hall
Evie Holliman@
Grace Irvine
Tom Moffat
Jonathan Priest
Jamie Radford
Adam Roach
Elliot Roberts-Cutts
Ben Scott
Noah Standerling
Luke Wallis@

Bronze (14)

Tina Baharlou
Freya Goodwin@
Ellie Greenwood
Kate Hunter@
Katie Hutchinson
Molly Hutchinson@
Amy Langan
Matthew Milne@
Daisy Morris
Sophie Mouldycliffe
Jake Nowill
Isabelle Race
Lily Walker
Oliver Walpole

Silver (24)

Madeleine Airey
Libby Bailey
Joseph Barker
Megan Conway
Madison Cooke
Leah Cragg
Grace Dodd
Chloe Draper
Charlie Goacher
Maisie Helsby@@
Libby Hill
Aimee Hunter
Jessica Hutchinson
Sasha King-Smith
Nathan Martin
Lucy Naylor
Emma Nicholson
Rebecca Priest
Hannah Read
Elise Ronan-Ulley
Laura Skelton
Megan Weaver
Hannah Whitham
Bradley Wilson

Gold (10)

Emma Braithwaite
Jonty Goodwin
Matthew Nicholson
Joshua Page
Ethan Roberts-Cutts
Connor Robinson
Josh Saunders
Hannah Shaw
Jacob Skelton
James Tomlinson

Senior (3)

Lynne Dawson
Lewis Haddon
Vanessa Quinn

Total 82 swimmers

If your name is missing, or you think your squad is incorrect, please see Lynne. Thank You.

* - Passed Stroke Assessment – pending Junior Time and Stamina Test

** - Achieved Junior Time

- Passed Stroke Assessment & achieved Junior Time - pending Stamina Test

- Passed Stroke Assessment & Stamina Test – pending Junior Time

? – Achieved Junior Time and Passed Stamina Test – pending Stroke Assessment

@ - Achieved 100 Free time – pending 200 IM time

@@ - Achieved 200 IM time – pending 100 Free time