



Training Squads – February 2020

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 2	Achieve a time of 1:12.50 or under for 100m Freestyle Achieve a time of 3:05:00 or under for 200m IM
Silver 1	Achieve a time of 1:08:50 or under for 100m Freestyle Achieve a time of 2:50:00 or under for 200m IM

Development(8)

Henry Aubeeluck
Alfie Benton *
Matthew Goodwin
Hollie Hague
Layla Holmes
Lily Hutchinson
Elliott Mayers
Charlotte Smith

Junior (18)

Eva Aubeeluck
Joshua Broomfield
Matilda Davidson@
Will Dawson@
Archie Hill
Oliver Hill
Freya Hirst
Georgia Jackson
Erin Langham
Connie Morris
Tom Pickering
Amara Ramlakhan
Ethan Ronan-Ulley
Emilia Sawicka
Amelie Spedding
Ellie Spencer
Vinnie Travis-Wild
Emily Twiddle

Bronze (17)

Jack Allen
Ben Armitage
Jessica Benton
Yasmin Cheema@
Rebecca Faulkner
Faith Hall
Maisie Hattersley-Baines
Elise Howse
Sofia Kentzer
Isabel Martin
Daisy Morris @
Ami Parker
Daisy Read
Ben Scott@
Fin Smith
Noah Standering
Hannah Twiddle

Silver 2 (15)

Madeleine Airey
Freya Goodwin
Ellie Greenwood
Aimee Hunter
Kate Hunter
Adam Moore
Sophie Mouldycliffe
Lewis Northrop
Jonathan Priest
Isabelle Race
Hannah Read
Adam Roach
Elise Ronan-Ulley
Luke Wallis
Isabel Warriner

Silver 1 (11)

Libby Bailey
Leah Cragg
Louie Ennis
Charlie Goacher
Eden Joel-Drennan@
Matthew Milne@
Lucy Naylor
Emma Nicholson
Elliot Roberts-Cutts
Hannah Whitham
Bradley Wilson

Gold (9)

Lewis Baker
Jacob Broomfield
Maisie Helsby
Libby Hill
Nathan Martin
Matthew Nicholson
Ethan Roberts-Cutts
Connor Robinson
Josh Saunders

Senior (7)

Lynne Dawson
Chloe Draper
Jonty Goodwin
Jessica Hutchinson
Alexander Page
Sebastian Renshaw
James Tomlinson

Total 85 swimmers

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

* - Passed Stroke Assessment

** - Achieved Junior Time

- Passed Stamina Test

@ - Achieved 100 Free time – pending 200 IM time

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