



Training Squads –February 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 (7) (Monday)

Yasmin Cheema
Freddie Grayson
Jamie Radford*
Ethan Ronan-Ulley
Charlie Sanderson
Vinnie Travis-Wild
Ethan Walpole

Junior (9)

Ben Armitage
Jessica Benton
Felicity Eyre
Abby Faulkner
Faith Hall
Evie Holliman@
Grace Irvine
Tom Moffat
Luke Wallis

Silver (26)

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

Gold (9)

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

Development 2 (10) (Thursday)

Rebecca Faulkner*
Lucy Garforth
Jonathan Priest
Daisy Read
Olivia Sawicka
Ben Scott
Amelie Spedding
Noah Standering
Emily Twiddle
Hannah Twiddle

Bronze (16)

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

Senior (5)

Lynne Dawson
Vanessa Grayson
Struan McNeil
Rachel Skelton (Cat 3)
Elliott Vaughan

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