

Park Road Competitive Squad

Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
Jackson Cairns	Rosie Boardman	Yago Aguilar Walkley	Ellie Crockford	Maisie Ayres	Jake Austin
Drew Greenan Kitchener	Owen Francis	Rosie Bull Wood	Rosa Georgiou	Phoebe Berman	Megan Boardman
Tatiana Isaza Ocampo	Rosie Hegarty Morrish	Archie Cairns	Sophie Kinloch	Freya Della Porta	Hannah Della Porta
Millie McAlister	Ana Rock	Jasmine Clarke	Sasha Shute	Marco Dottore	Max Hartel
Luli Poulter	Gael Vazquez Tunez	Hannah Wootton	Fanni Somogyi	Eshli Haxhisllani	Alfie Lucas
Mya Rehman	Evie Wootton		Roland Somogyi	Charlotte Ley	Adina Roper
				Adam Ouldabri	Eila Whiteman

Training sessions

	Lanes 6, 5 and 4	Lanes 3, 2 and 1
Monday	7.00 – 8.00pm	8.00 – 9.00pm
Tuesday	7.00 – 8.00pm	8.00 – 9.00pm
Wednesday	7.00 – 8.00pm	
Thursday	7.00 – 8.00pm	8.00 – 9.00pm
Friday	7.00 – 8.00pm	8.00 – 9.30pm
Saturday	8.00 – 9.00am	9.00 – 10.00am
Sunday	8.00 – 9.00am	9.00 – 10.00am

Kit required for each session

- Float, pull buoy, fins and hand paddles
- Bottle of water
- Swim hat and goggles
- Must bring a t-shirt on Mondays to swim/train in (not club shirt)

Criteria

- Must train a minimum of three times a week
- Must compete regularly, (minimum Club Championships (Summer and Winter) and Time Trials), this measures level of performance and update times which helps the Coach when picking teams for galas.