

Performance Squad

Josh Philpott
Nick Makinen
Jack Pinnick-Gray
Joe Northover
Ricardo Conte
Tomas Sitek
Elisabeth Hunter
Brook Williams
Ruby Oakes
Cem Altindag
Fionn McGuinness Maris
Emiliano Dewey Barron
Sushila Ghose Coveney
Vita Lerche
Lily Mallick

Training Times

Monday 6.45pm – 9pm Tottenham Green

Tuesday 6.45pm – 9pm Tottenham Green

Wednesday 7pm – 8.30pm Tottenham Green

Thursday 7pm – 8.30pm Tottenham Green

Friday 8pm – 9.30pm Park Road

Saturday 8am – 9.30am Park Road

Sunday 8am – 10am Park Road

Sunday 5.30pm – 7.15pm Tottenham Green

Requirements

- Swimmers must attend at least 5 sessions a week
- Must wear your Haringey Aquatics swim cap in training and at competitions.
- All swimmers must attend Land Training
- Swimmers must have a good attitude towards training, competing and must always be punctual.
- Equipment must be brought to every single session.
- The squad is reviewed by the coaching team every 6 months