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| **Important - Weekly Friday training email 28/08** |

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| Dear Swimmers and Parents,  This is your first weekly Friday email. As Chris mentioned yesterday, I will be sending an email out every Friday detailing the following weeks training. Please note that training days, times and locations may change on a weekly basis. It is important you check the emails every week to get the updated timetable.  We are also now going to be arranging all swim sessions in ‘squads’ rather than ‘groups’. I have attached the current squad list to this email (In pdf and excel format) so that you can check which squad your swimmer is in. I understand that certain locations and times are difficult for some swimmers, but unfortunately, we have to work with the pool time that’s on offer.  Next week’s pool training is as follows:  **Wednesday: (LAC)**  19:00-21:00 – NP    **Thursday: (King’s Hall)**  18:00-19:30 – AD2 and Bronze  19:30-21:00 – AD1 and Silver    **Friday: (Clissold)**  18:00-19:30 – NP, RP and Gold  19:30-21:00 – Masters    **Saturday: (Clissold)**  7:00-8:00 – Masters  8:00-9:00 – AD1 and AD2    **Saturday: (LAC)**  7:30-8:30 – Silver  14:00-16:00 – RP and NP    **Sunday: (Clissold)**  7:00-9:00 – NP, RP and Gold    With this schedule the total number of sessions and hours are as follows:  NP – 4 sessions, 7.5 hours  RP – 3 sessions, 5.5 hours  Gold – 2 sessions 3.5 hours  AD1 – 2 sessions, 2.5 hours  AD2 – 2 sessions, 2.5 hours  Silver – 2 sessions, 2.5 hours  Masters – 2 sessions, 2.5 hours  Bronze – 1 session, 1.5 hours    If you have any further questions please ask,    Kind regards,  **David Broadbent**  **Head Coach** |
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