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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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