

## Leeds City Council Swimming Training Scheme

### Times & Venues (Revised: 03.02.2025)

#### National Squad (Youth & Senior)

**Lead Coach:** Jamie Fowler  
**Assistant Coach:** Phoebe Parry

Monday	5.00-7.00	am	L.C	John Charles Centre for Sport (JCCS)
Monday	4.30-6.30	pm	S.C	JCCS
Tuesday	4.30-7.00	pm	S.C	JCCS
Wednesday	5.00-7.00	am	L.C	JCCS
Wednesday	4.30-6.30	pm	S.C	JCCS
Thursday	4.30-6.30	pm	S.C	JCCS
Friday	5.00-7.00	am	L.C	JCCS
Friday	4.30-6.30	pm	S.C	JCCS
Saturday	5.00-7.30	am	L.C	JCCS
Saturday	7.45-9.00	am	Gym	Poolside

- ❖ 7.00-9.00am Available each morning at the discretion of the Head Coach
- ❖ **Land Training** will be Monday – Friday evening 6.45-7.45pm each evening. The Head Coach/Senior Age Group Coach will allocate each swimmers Land sessions.

#### National Squad (Age & Youth)

**Lead Coach:** Kevin Schofield  
**Assistant Coach:** Steve Cropper  
**Assistant Coach:** Jacob Greenhalgh

Monday	5.00-7.00	am	L.C	John Charles Centre for Sport (JCCS)
Monday	4.30-6.30	pm	S.C	JCCS
Tuesday	4.30-6.30	pm	S.C	JCCS
Wednesday	5.00-7.00	am	L.C	JCCS
Wednesday	4.30-6.30	pm	S.C	JCCS
Thursday	4.30-6.30	pm	S.C	JCCS
Friday	5.00-7.00	am	L.C	JCCS
Friday	4.30-6.30	pm	S.C	JCCS
Saturday	5.00-7.30	am	L.C	JCCS
Saturday	7.45-9.00	am	Gym	Poolside

- ❖ 7.00-9.00am Available each morning at the discretion of the Head Coach
- ❖ **Land Training** will be Monday – Friday evening 6.45-7.45pm each evening. The Head Coach/Senior Age Group Coach will allocate each swimmers Land sessions.

## National Age Group Squad

**Lead Coach:** Emily Jones  
**Assistant Coach:** Paul Cave

Monday	5.00-7.00	am	L.C	John Charles Centre for Sport (JCCS)
Monday	5.15-7.00	pm	S.C	JCCS
Tuesday	5.15-6.00	pm	Gym	Poolside
Tuesday	6.15-8.00	pm	S.C	JCCS
Wednesday	6.15-8.00	pm	S.C	JCCS
Thursday	5.00-7.00	am	L.C	JCCS
Thursday	5.15-6.00	pm	Gym	Poolside
Thursday	6.15-8.00	pm	S.C	JCCS
Friday	6.15-8.00	pm	S.C	JCCS
Saturday	7.00-9.00	am	L.C	JCCS

❖ On Monday – Friday evenings the first 15 minutes is set aside for a pre-pool warm up.

## National Development Squad

**Lead Coach:** Phoebe Parry  
**Assistant Coach:** Dean Hall  
**Assistant Coach:** Jacob Greenhalgh

Monday	8.00-9.30	pm	S.C	John Charles Centre for Sport (JCCS)
Tuesday	6.45-8.45	pm	S.C	JCCS
Thursday	5.00-7.00	am	L.C	JCCS
Thursday	6.30-8.00	pm	S.C	JCCS
Friday	5.00-7.00	am	S.C	JCCS
Friday	6.30-8.00	pm	S.C	JCCS

## Regional Performance Squad

**Lead Coach:** Oli Nevitt  
**Assistant Coach:** Claire Hargreaves

Monday	5.00-6.45	am	L.C	John Charles Centre for Sport (JCCS)
Monday	5.30-6.15	pm	Gym	Dance Studio
Monday	6.30-8.00	pm	S.C	JCCS
Tuesday	5.30-7.00	pm	S.C	JCCS
Wednesday	6.30-7.30	pm	S.C	JCCS
Thursday	5.00-7.00	am	L.C	JCCS
Friday	6.15-7.45	pm	S.C	Armley
Saturday	6.15-7.45	am	S.C	Kirkstall

## Regional Development Squad

**Lead Coach:** Kevin Schofield  
**Assistant Coach:** Sharon Barraclough  
**Assistant Coach:** Ellie Wilson  
**Assistant Coach:** Steve Cropper

Monday	5.00-6.30	am	Dive Pit	John Charles Centre for Sport (JCCS)
Monday	6.30-8.00	pm	S.C	JCCS
Wednesday	6.30-8.00	pm	S.C	JCCS
Thursday	5.00-7.00	am	L.C	JCCS
Thursday	6.50-8.05	pm	S.C	Armley
Friday	6.30-8.00	pm	S.C	JCCS
Saturday	7.30-9.00	am	Dive Pit	JCCS

## Regional Fast Track

**Lead Coach:** Steven Cropper  
**Assistant Coach:** TBC

Monday	7.15-8.15	pm	Pit end	John Charles Centre for Sport (JCCS)
Tuesday	7.00-8.30	pm	S.C	Fearnville LC
Wednesday	7.00-8.30	pm	S.C	Kirkstall LC
Thursday	6.00-7.00	pm	S.C	JCCS
Sunday	3.00-4.00	pm	S.C	Armley LC
Sunday	4.15-4.45	pm	Dance Studio	Armley LC

## County East

**Lead Coach:** Lyn Hughes  
**Assistant Coach:** Ella Cooper  
**Assistant Coach:** Dianne Potter

Monday	5.45-7.15	pm	Pit End	John Charles Centre for Sport (JCCS)
Tuesday	7.00-8.00	pm	S.C	Kirkstall LC
Thursday	7.10-8.10	pm	S.C	Fearnville LC
Sunday	4.00-5.30	pm	S.C	Armley LC
Sunday	5.45-6.15	pm	Dance Studio	Armley LC

## County West

**Lead Coach:** Lyn Hughes  
**Assistant Coach:** Ella Cooper  
**Assistant Coach:** Dianne Potter

Monday	7.00-8.30	pm	Mid Pool	John Charles Centre for Sport (JCCS)
Tuesday	6.00-7.00	pm	S.C	Kirkstall LC
Wednesday	7.00-8.00	pm	S.C	Armley LC
Sunday	4.45 -5.15	pm	Dance Studio	Armley LC
Sunday	5.30-7.00	pm	S.C	Armley LC