

## Leeds City Council Swimming Training Scheme Times & Venues 2017-18

*As of 26.02.18*

### National Squad

**Coach:** Richard Denigan      James Richards  
 Craig Robertson                  Kevin Schofield  
    Harrison Day

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

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

### National Age Group Squad

**Lead Coach:**                      Craig Robinson  
**Assistant Coach:**              Paul Cave

Monday	5.00-7.00	am	L.C	John Charles Centre for Sport (JCC)
Monday	5.15-7.00	pm	S.C	JCC
Tuesday	5.15-6.00	pm	Gym	Poolside
Tuesday	6.30-8.00	pm	L.C	JCC
Wednesday	6.15-8.00	pm	S.C	JCC
Thursday	5.00-7.00	am	L.C/S.C	JCC
Thursday	5.15-6.00	pm	Gym	Poolside
Thursday	6.30-8.00	pm	S.C	JCC
Friday	6.15-8.30	pm	L.C	JCC
Sunday	3.45-6.00	pm	L.C	JCC

- ❖ Mon, Weds, Fri & Sun – the first 15 minutes is set aside for warm up/loosening

### Junior Performance Squad

**Lead Coach:**                      Alan Hutchinson  
**Assistant Coach:**              Christos Vrekas

Monday	8.00-9.30 pm	25 x 25	JCC
Tuesday	8.30-9.30 pm	S.C	JCC
Thursday	5.00-7.00 am	L.C	JCC
Thursday	8.00-9.30 pm	25 x 25	JCC
Friday	6.30-8.30 pm	S.C	Armley LC
Sunday	3.00-4.00 pm	Gym	Diving Dryland Area
Sunday	4.00-6.00 pm	L.C	JCC

***Continued Overleaf***

### Regional Performance Squad

Monday	5.00-6.30 am	Pit End	JCC
Monday	5.30-6.20 pm*	Gym	Land Gym
Monday	6.30-8.00 pm	25 x 25	JCC
Wednesday	6.30-7.30 pm	25 x 25	JCC
Thursday	5.00-6.30 am	L.C	JCC
Thursday	6.30-7.00 am	Gym	Land Gym Optional
Thursday	6.30-8.00 pm	S.C	JCCS
Friday	7.00-8.30 pm	S.C	JCC
Saturday	7.30-9.00 am	L.C	JCC

\*Alternate Boys/Girls each week

**Lead Coach:** Craig Robertson  
**Assistant Coach:** Harrison Day

### Regional Development Squad

Monday	5.00-6.30 am	Pit	JCC
Monday	6.30-8.00 pm	25 x 25	JCC
Wednesday	6.45-7.45 pm	Mid Pool	JCC
Thursday	5.00-6.30 am	L.C	JCC
Thursday	6.30-7.00 am	Gym	Land Gym Optional
Thursday	6.30-8.00 pm	25 x 25	Armley
Friday	7.00-8.00 pm	LC	JCC
Friday	8.00-8.30 pm	Gym	Land Gym
Saturday	7.30-9.00 am	Pit	JCC

**Lead Coach:** Kevin Schofield  
**Assistant Coach:** Kim Mathias

### Regional Fast Track

Monday	6.30-8.00 pm	Pit end	JCC
Tuesday	7.00-8.00 pm	S.C	Kirkstall LC
Wednesday	7.00-8.30 pm	S.C	Kirkstall LC
Thursday	6.00-7.00 pm	S.C	JCC
Sunday	3.00-4.00 pm	S.C	Armley LC

**Lead Coach:** Joe Stott  
**Assistant Coach:** TBC

### County East

Monday	5.30-6.30 pm	Pit End	JCC
Tuesday	7.00-8.30 pm	S.C	Fearnville LC
Thursday	7.15-8.15 pm	S.C	Fearnville LC
Sunday	4.00-5.30 pm	S.C	Armley LC

**Lead Coach:** Thomas Braginton  
**Assistant Coach:** Janet Speed

### County West

Monday	7.00-8.30 pm	Mid Pool	JCC
Tuesday	6.00-7.00 pm	S.C	Kirkstall LC
Wednesday	7.00-8.00 pm	S.C	Armley
Sunday	5.30-7.00 pm	S.C	Armley LC

**Lead Coach:** Lyn Hughes  
**Assistant Coach:** Sonia Horac-Bubuianu