

Leeds City Council Swimming Training Scheme

Times & Venues (Revised: 06.09.2023)

National Squad (Youth & Senior)

Lead Coach: Richard Denigan
Assistant Coach: Jacob Greenhalgh
Assistant Coach: Matthew Gray

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: Jamie Fowler
Assistant Coach: Kevin Schofield

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	6.15-8.30	pm	S.C	JCCS
Friday	6.15-8.30	pm	S.C	JCCS
Saturday	5.00-7.30	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: Ruby Riley
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	JCC
Thursday	5.00-7.00	am	L.C	JCCS
Thursday	8.00-9.30	pm	S.C	JCCS
Friday	6.45-8.15	pm	S.C	Armley
Saturday	5.45-7.45	am	S.C	Kirkstall LC

Regional Performance Squad

Lead Coach: Oli Nevitt
Assistant Coach: Abigail Heald
Assistant Coach: Steve Cropper
Assistant Coach: Matt Gray

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
Wednesday	6.30-7.30	pm	S.C	JCCS
Thursday	5.00-7.00	am	L.C	JCCS
Thursday	6.30-8.00	pm	S.C	JCCS
Friday	6.30-8.00	pm	S.C	JCCS
Saturday	7.30-9.00	am	L.C	JCCS

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	6.30-7.00	am	Gym	Dance Studio
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: Ruby Riley

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