

Leeds City Council Swimming Training Scheme

Times & Venues 2017-18 (as of 05.07.2018)

National Squad (Youth & Senior)

Lead Coach: Richard Denigan
Assistant Coach: Craig Robertson

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	L.C	JCCS
Wednesday	5.00-7.00	am	L.C	JCCS
Wednesday	4.30-6.30	pm	S.C	JCCS
Thursday	5.00-7.00	am	L.C/S.C	JCCS
Thursday	4.30-7.00	pm	S.C	JCCS
Friday	5.00-7.00	am	L.C	JCCS
Friday	4.30-7.00	pm	L.C	JCCS
Saturday	5.00-7.30	am	L.C	JCCS
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 Squad (Age & Youth)

Lead Coach: James Richards
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	4.30-7.00	pm	L.C	JCCS
Wednesday	5.00-7.00	am	L.C	JCCS
Wednesday	4.30-6.30	pm	S.C	JCCS
Thursday	5.00-7.00	am	L.C/S.C	JCCS
Thursday	4.30-7.00	pm	S.C	JCCS
Friday	5.00-7.00	am	L.C	JCCS
Friday	4.30-7.00	pm	L.C	JCCS
Saturday	5.00-7.30	am	L.C	JCCS
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 (JCCS)
Monday	5.15-7.00	pm	S.C	JCCS
Tuesday	5.15-6.00	pm	Gym	Poolside
Tuesday	6.30-8.00	pm	L.C	JCCS
Wednesday	6.15-8.00	pm	S.C	JCCS
Thursday	5.00-7.00	am	L.C/S.C	JCCS
Thursday	5.15-6.00	pm	Gym	Poolside
Thursday	6.30-8.00	pm	S.C	JCCS
Friday	6.15-8.30	pm	L.C	JCCS
Sunday	3.45-6.00	pm	L.C	JCCS

❖ 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	John Charles Centre for Sport (JCCS)
Tuesday	8.30-9.30 pm		S.C	JCCS
Thursday	5.00-7.00 am		L.C	JCCS
Thursday	8.00-9.30 pm		25 x 25	JCCS
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	JCCS

Regional Performance Squad

Lead Coach: Craig Robertson
Assistant Coach: Emily Jones

Monday	5.00-6.30 am		Pit End	John Charles Centre for Sport (JCCS)
Monday	5.30-6.20 pm*		Gym	Land Gym
Monday	6.30-8.00 pm		25 x 25	JCCS
Wednesday	6.30-7.30 pm		25 x 25	JCCS
Thursday	5.00-6.30 am		L.C	JCCS
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	JCCS
Saturday	7.30-9.00 am		L.C	JCCS

*Alternate Boys/Girls each week

Regional Development Squad

Lead Coach: Kevin Schofield
Assistant Coach: Kim Mathias

Monday	5.00-6.30 am	Pit	John Charles Centre for Sport (JCCS)
Monday	6.30-8.00 pm	25 x 25	JCCS
Wednesday	6.45-7.45 pm	Mid Pool	JCCS
Thursday	5.00-6.30 am	L.C	JCCS
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	JCCS
Friday	8.00-8.30 pm	Gym	Land Gym
Saturday	7.30-9.00 am	Pit	JCCS

Regional Fast Track

Lead Coach: Joe Stott
Assistant Coach: Harvey McGreavy-Gill

Monday	6.30-8.00 pm	Pit end	John Charles Centre for Sport (JCCS)
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	JCCS
Sunday	3.00-4.00 pm	S.C	Armley LC
Sunday	4.15 – 4.45pm	Dance Studio	Armley LC

County East

Lead Coach: Tom King
Assistant Coach: Janet Speed

Monday	5.30-6.30 pm	Pit End	John Charles Centre for Sport (JCCS)
Tuesday	7.00-8.30 pm	S.C	Fearnville LC
Thursday	7.15-8.15 pm	S.C	Fearnville LC
Sunday	3.15 – 3.45pm	Dance Studio	Armley LC
Sunday	4.00-5.30 pm	S.C	Armley LC

County West

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

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
Sunday	4.45 -5.15pm	Dance Studio	Armley LC
Sunday	5.30-7.00 pm	S.C	Armley LC