

Leeds City Council Swimming Training Scheme

Times & Venues

Performance Squad

Lead Coach: Russ Barber
Assistant Coach: Charlie Broome

Monday	5.15-7.00	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	5.15-7.00	am	L.C	JCCS
Wednesday	4.30-6.30	pm	S.C	JCCS
Thursday	4.30-6.30	pm	S.C	JCCS
Friday	5.15-7.00	am	L.C	JCCS
Friday	4.30-6.30	pm	S.C	JCCS
Saturday	5.15-7.30	am	L.C	JCCS
Saturday	7.45-9.00	am	Gym	Poolside

- ❖ **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.

Performance Development Squad

Head Coach: Jamie Fowler
Lead Coach: Kevin Schofield

Monday	5.15-7.00	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	5.15-7.00	am	L.C	JCCS
Wednesday	4.30-6.30	pm	S.C	JCCS
Thursday	4.30-6.30	pm	S.C	JCCS
Friday	5.15-7.00	am	L.C	JCCS
Friday	4.30-6.30	pm	S.C	JCCS
Saturday	5.15-7.30	am	L.C	JCCS
Saturday	7.45-9.00	am	Gym	Poolside

- ❖ **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.

Age Group Development Squad 3

Lead Coach: Emily Jones
Assistant Coach: Paul Cave
Assistant Coach: Steve Cropper
Assistant Coach: Luke Dyer

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	5.15-7.00	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	6:45-9.00	am	L.C	JCCS

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

Age Group Development Squad 2

Lead Coach: Oli Nevitt
Assistant Coach: Claire Hargreaves

Monday	5.15-6:30	am	Pit (Invite)	John Charles Centre for Sport (JCCS)
Monday	5:30-6.15	pm	Dance Studio	JCCS
Monday	6.30-8.00	pm	S.C	JCCS
Tuesday	5.30-7.00	pm	S.C	JCCS
Wednesday	7.00-8.30	pm	S.C	Kirkstall LC
Thursday	5:15-7.00	am	L.C	JCCS
Friday	5.30-6.15	pm	Sports Hall	Armley LC
Friday	6.15-7.45	pm	S.C	Armley LC
Saturday	6.15-7.45	am	S.C	Kirkstall LC

Age Group Development Squad 1

Lead Coach: Kevin Schofield
Assistant Coach: Sharon Barraclough
Assistant Coach: Ellie Wilson

Monday	5.15-6.30	am	Pit (Invite)	John Charles Centre for Sport (JCCS)
Monday	6.30-8.00	pm	S.C	JCCS
Wednesday	5:30-6:15	pm	Bowls	JCCS
Wednesday	6.30-8.00	pm	S.C	JCCS
Thursday	5.15-7.00	am	L.C (Invite)	JCCS
Thursday	6.50-8.05	pm	S.C	Armley LC
Friday	6.30-8.00	pm	S.C	JCCS
Saturday	7.30-9.00	am	Dive Pit	JCCS

Youth Development Squad

Lead Coach: Steve Cropper
Assistant Coach: Dean Hall

Monday	5.15-7.00	am	L.C	John Charles Centre for Sport (JCCS)
Monday	7.00-7.45	pm	Dance Studio	JCCS
Monday	8.00-9.30	pm	S.C	JCCS
Tuesday	6.30-8.30	pm	S.C	JCCS
Thursday	5.15-6.00	pm	Dance Studio	JCCS
Thursday	6.30-8.00	pm	S.C	JCCS
Friday	5.15-7.00	am	L.C	JCCS
Friday	6.30-8.00	pm	S.C	JCCS

Junior Development Squad

Lead Coach: Lyn Hughes
Assistant Coach: Ella Cooper
Assistant Coach: Dianne Potter
Assistant Coach: Luke Dyer

Monday	7.00-8.30	pm	Mid Pool	John Charles Centre for Sport (JCCS)
Tuesday	7.00-8.30	pm	S.C	Fearnville LC
Wednesday	7.00-8.00	pm	S.C	Armley LC
Thursday	6.00-7.00	pm	S.C	JCCS
Friday	5.30-7.00	am	L.C (invite)	JCCS
Sunday	3.45-4.15	pm	Dance Studio	Armley LC
Sunday	4.30-6.00	pm	S.C	Armley LC

Academy 2

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
Sunday	3.00-4.30	pm	S.C	Armley LC
Sunday	4.45-5.15	pm	Dance Studio	Armley LC

Academy 1

Lead Coach: Ella Cooper
Assistant Coach: Evie Harris
Assistant Coach: George Carry

Monday	7.15-8.15	pm	Pit End	John Charles Centre for Sport (JCCS)
Tuesday	6.00-7.00	pm	S.C	Kirkstall LC
Wednesday	6.30-7.30	pm	S.C	JCCS
Sunday	2.00-3.00	pm	S.C	Armley LC
Sunday	3.15-3.45	pm	Dance Studio	Armley LC