



## Training Sessions

Group	Coach	Day	Times	Venue
<b>Applicant Testing</b>	Tim Spray	Friday	6.00-6.15pm	King Alfred

<b>Learners</b>	Beverley Atkinson	Tuesday	6.30-7.00pm	King Alfred (LP)
<b>Improvers</b>	Beverley Atkinson	Tuesday	7.00-7.30pm	King Alfred (LP)
<b>Learners</b>	Beverley Atkinson	Friday	6.00-6.30pm	King Alfred (LP)
<b>Improvers</b>	Beverley Atkinson	Friday	6.30-7.00pm	King Alfred (LP)

(LP) = Learner Pool

<b>Badges 1</b>	Beverley Atkinson	Friday	7.00-7.45pm	King Alfred (LP)
<b>Badges 2</b>	Tim Spray	Friday	6.15-7.00pm	King Alfred
<b>All Badges</b>	Beverley Atkinson	Tuesday	7.30-8.00pm	King Alfred (LP)
<b>All Badges</b>	Karen Woolliscroft	Wednesday (*)	6.00-7.00pm	Brighton College
<b>All Badges</b>	Karen Woolliscroft	Sunday (*)	2.00-3.00pm	Lancing College

(LP) = Learner Pool

(\*) Only if swimmer is confident in deep water

<b>1 Star</b>	Karen Woolliscroft	Monday	6.00-7.30am	Lancing College
		Monday	6.30-7.30pm	Lancing College
	Karen Woolliscroft	Tuesday	6.00-7.30am	Lancing College
	Beverley Atkinson	Tuesday	8.00-8.30pm	King Alfred(LP)
	Karen Woolliscroft	Wednesday	6.00-7.00pm	Brighton College
	Karen Woolliscroft	Thursday	6.00-7.30am	Lancing College
		Thursday	6.00-7.00pm	Lancing College
	Karen Woolliscroft	Friday	6.00-7.00pm	King Alfred
	Karen Woolliscroft	Sunday	2.00-3.00pm	Lancing College
	TBA	Sunday	7.30-8.30pm	King Alfred

<b>2 Star</b>	Karen Woolliscroft	Monday	6.00-7.30am	Lancing College
		Monday	6.30-7.30pm	Lancing College
	Karen Woolliscroft	Tuesday	6.00-7.30am	Lancing College
	Karen Woolliscroft	Wednesday	6.00-8.00pm (**)	Brighton College
	Karen Woolliscroft	Thursday	6.00-7.30am	Lancing College
		Thursday	6.00-7.00pm	Lancing College
	Karen Woolliscroft	Friday	6.00-7.00pm	King Alfred
	Karen Woolliscroft	Sunday	2.00-3.00pm	Lancing College
	TBA	Sunday	7.30-8.30pm	King Alfred

(\*\*) 1 or 2 hours at coaches' discretion



## Training Sessions

Group	Coach	Day	Times	Venue
<b>3 Star</b>	Ian Newell	Monday	6.00-7.30am	Lancing College
	Ian Newell	Monday	6.30-7.30pm	Lancing College
	Ian Newell	Tuesday	6.00-7.30am	Lancing College
	Karen Woolliscroft	Wednesday	6.00-8.00pm (**)	Brighton College
	Ian Newell	Thursday	6.00-7.30am	Lancing College
	Ian Newell	Thursday	6.00-7.00pm	Lancing College
	Ian Newell	Friday	7.00-8.00pm	King Alfred
	Karen Woolliscroft	Sunday	2.00-3.00pm	Lancing College
	TBA	Sunday	7.30-9.00pm	King Alfred

(\*\*) 1 or 2 hours at coaches' discretion

<b>4 - 5 Star</b>	Ian Newell	Monday	6.00-7.30am	Lancing College
	Ian Newell	Monday	7.30-8.30pm	Lancing College
	Ian Newell	Monday	9.00-10.00pm	King Alfred
	Ian Newell	Tuesday	6.00-7.30am	Lancing College
	Tim Spray	Tuesday	9.00-10.00pm	King Alfred
	Ian Newell	Wednesday	7.00-9.00pm	Lancing College
	Karen Woolliscroft	Wednesday	6.00-8.00pm (***)	Brighton College
	Ian Newell	Thursday	6.00-7.30am	Lancing College
	Ian Newell	Thursday	7.00-8.30pm	Lancing College
	Ian Newell	Friday	8.00-9.30pm	King Alfred
	Ian Newell	Sunday	12.00-2.00pm	Lancing College
	TBA	Sunday	7.30-9.00pm	King Alfred

(\*\*\*) For younger 4 & 5\* swimmers

The Competitive squad are comprised of 3\* swimmers selected by the coach to swim with the 4/5\* swimmers and who are training to compete at galas and represent the Shiverers team. Occasional 50m training is provided at the K2 Crawley pool for selected competition swimmers across all groups.

<b>Masters</b>	Julie Fowlie	Monday	9.00-10.00pm	King Alfred
	TBA	Tuesday	9.00-10.00pm	King Alfred
	Ian Newell	Friday	8.00-9.30pm	King Alfred
	TBA	Sunday	7.30-9.00pm	King Alfred

At the discretion of the coach, competing masters may swim in the other 4/5\* sessions.