

## WHERE AND WHEN WE TRAIN

Our current Training Times are as follows:

### NATIONAL PERFORMANCE SQUAD

*Coach Greg Clarke.*

SUNDAY EVENING(13 & Under)	N.U.L.SCHOOL	5.30pm Until 7.00pm
TUESDAY MORNING	FENTON MANOR	5.30am Until 7.00am
TUESDAY EVENING(14 & Over)	N.U.L SCHOOL	7.45pm Until 9.30pm
WEDNESDAY MORNING	FENTON MANOR	5.30am Until 7.00am
WEDNESDAY EVENING	NEW HORIZONS	6.15pm Until 8.15pm
THURSDAY EVENING	NEW HORIZONS	6.00pm Until 8.00pm
FRIDAY MORNING	FENTON MANOR	5.30am Until 7.00am
FRIDAY EVENING	FENTON MANOR	6.00pm Until 8.00pm
SATURDAY MORNING	FENTON MANOR	5.30am Until 7.00am

#### LAND TRAINING

SATURDAY MORNING	FENTON MANOR	7.15am Until 8.00am
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### NATIONAL SQUAD

*Coach Greg Clarke*

SUNDAY EVENING(13 & Under)	N.U.L.SCHOOL	5.30pm Until 7.00pm
TUESDAY MORNING	FENTON MANOR	5.30am Until 7.00am
TUESDAY EVENING(14 & Over)	N.U.L SCHOOL	7.45pm Until 9.30pm
WEDNESDAY EVENING	NEW HORIZONS	6.15pm Until 8.15pm
FRIDAY MORNING	FENTON MANOR	5.30am Until 7.00am
FRIDAY EVENING	FENTON MANOR	6.00pm Until 8.00pm
SATURDAY MORNING	FENTON MANOR	5.30am Until 7.00am

#### LAND TRAINING

SATURDAY MORNING	FENTON MANOR	7.15am Until 8.00am
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\*\*Please note. Sunday night swimmers may only attend Tuesday night by arrangement with the Head Coach

### COUNTY

*Coach Dan Ralph*

MONDAY EVENING	FENTON MANOR	5.50pm Until 7.20pm
TUESDAY MORNING	FENTON MANOR	5.30am Until 7.00am
WEDNESDAY EVENING	FENTON MANOR	5.30pm Until 7.00pm
FRIDAY EVENING	FENTON MANOR	4.30pm Until 6.00pm
SATURDAY MORNING	FENTON MANOR	6.30am Until 8.00am

### JUNIOR

*Coach Dan Ralph*

MONDAY EVENING	FENTON MANOR	4.50pm Until 5.50pm
WEDNESDAY EVENING	FENTON MANOR	4.30pm Until 5.30pm
FRIDAY EVENING	FENTON MANOR	4.30pm Until 6.00pm
SATURDAY MORNING	FENTON MANOR	7.00am Until 8.00am

## **INTRO**

TUESDAY EVENING + a Junior Session to be agreed with Junior Coach	NEW HORIZONS	5.30pm Until 6.30pm
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## **DEVELOPMENT 2**

TUESDAY EVENING	NEW HORIZONS	5.30pm Until 6.30pm
FRIDAY EVENING	FENTONMANOR	5.30pm Until 6.15pm

## **DEVELOPMENT 1**

FRIDAY EVENING	FENTONMANOR	4.45pm Until 5.30pm
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## **SENIOR TRAINING**

WEDNESDAY MORNING	FENTON MANOR	5.30am Until 7.00am
FRIDAY MORNING	FENTON MANOR	5.30am Until 7.00a.m
FRIDAY EVENING	FENTON MANOR	8.10pm Until 9.10pm