



Changes to training 1st - 23rd July 2017

Friday 30th June and Saturday 1st July – training as normal

Long Course training at Coventry Sunday 2nd July

Date	Time	Squad	Pool	Lanes	Coach	Pool / Land
Sunday 2nd July	8:00 – 9:00	CDF	Leys	FUSION		Pool
	13:00 – 15:00	English / British / Welsh National Qualifiers	Coventry		AB / KF	Pool
	17:30 – 18:00	NP / RPA (those not doing LC Training) / CDAG	Leys		FW	Land
	18:00 – 20:00	NP / RPA (those not doing LC Training) / CDAG	Leys	6	KF / FW	Pool
	15:00 – 16:00	Ac4 / RSG / RSS	Oxford High	6	LB / LO	Pool
	16:00 – 16:30	Ac4	Oxford High		LO	Land
	15:30 – 16:00	CDAB / Ac1	Oxford High		GC	Land
	16:00 – 17:30	CDAB / Ac1 / Ac2	Oxford High	6	GC / LB	Pool
	17:30 – 18:00	Ac2	Oxford High		GC	Land
	17:00 – 17:30	Ac3	Oxford High		ZL	Land
	17:30 – 19:00	Ac3	Oxford High	2	LB	Pool
	17:30 – 19:00	RPY / CDY	Oxford High	4	ZL	Pool
	19:00 – 19:30	RPY / CDY	Oxford High		ZL	Land
	19:00 – 20:30	CD	Oxford High	2	ZL	Land
	19:00 – 20:30	Masters	Oxford High	4	ZL	Pool

Saturday 8th July: all sessions at Headington cancelled

9th – 13th July normal training

COSC Level 3 Meet

Date	Time	Squad	Pool	Lanes	Coach	Pool / Land
Friday 14th July	Friday morning training as normal					
	17:00 — 18:30	RPA / RPY / CDY / CDAG (not doing L3 Fri / Sat and/ or all days)	Leys	6	ZL / FW	Pool
	18:00 — 19:30	All NP (those not doing L3)	Oxford High	6	KF / AB	Pool
	19:30 — 21:00	RSG / RSS / RSB / Ac4 (not doing L3) <i>Replaces Sat 8th July</i>	Oxford High	6	LB	Pool
Saturday 15th July	6.00 – 8.00	Following NP (not doing L3): FW / MU / GR / MS / TP / CW / DL / GB / MMI / LGi	Leys	4	KF / AB	Pool
	8:00 — 8:30	Above swimmers	Leys		KF / AB	Post-Pool
	6:30 — 7:00	Below swimmers	Leys		KF / AB	Pre-Pool
	7:00 — 8:30	Following NP (not doing L3): DM / CS / EF / TMC / ML / NS / BW / EW / NF / EMi / DJ / AM / CM	Leys	4	KF / AB	Pool
	8:00 — 9:30	Masters	Headington	5	ZL	Pool
	9:30 — 10:30	COSC trials	Headington	5	ZL / LB	Pool
	10:30 — 11:30	Rising Stars (not doing L3)	Headington	5	ZL / LB	Pool
	11:30 — 13:00	Lessons	Headington	5	LB	Pool
	Sunday 16th July	8:00 – 9:00	CDF	Leys	FUSION	
18:00 — 19:00		Ac4 / RSG / RSS	Oxford High	6	LO+1	Pool
19:00 — 20:30		Masters	Oxford High	6	ZL to set Session	Pool
All other training sessions cancelled						

Monday 17th July	5:30 — 7:30	NPK / NPD / NPA / RPY / RPA (who did not compete in Level 3)	Oxford High	6	KF / AB	Pool
No training at Leys Monday am Normal evening timetable						

Normal training until 24th July – see next document for end of season timetable – 24th July to 6th August