

July Changes

Michael CPD training

Wednesday 4/07/2018	5:30 - 7:30	HP/NP/P1/P2	Leys	Pool	4	ZL
	5:30 - 7:30	HP/NP / P1/P2	Oxford High	Pool	6	LB/AB
	16:45 - 17:00	HP	Leys	Pre-pool		Session set by MP
	17:00 - 19:00	HP	Leys	Pool	1	AB
	17:00 - 18:00	AC3	Leys	Pool	3	LB
	18:15 - 18:45	AC3	Leys	Post-pool	Studio 1	MP
	18:00 - 19:30	DS1	Leys	Pool	3	FW
	18:00 - 19:00	RSG	Leys	Pool	2	LB
	18:15- 19:00	HP / NP	Leys	Pre-pool		MP
	19:00 - 21:00	HP / NP	Leys	Pool	5	AB / LB (IK)
	18:45 - 19:15	DS2	Leys	Pre-pool	Studio 1	MP
	19:00 - 20:00	RSB/RSS	Leys	Pool	Small pool	LB
	19:15 - 20:00	HP	Leys	Post pool	GYM	MP
	19:30 - 21:00 20:00 - 21:00	DS2	Leys	Pool Pool/ Land Starts	3	FW / MP
	20:00 - 21:30	JM / Masters	Oxford High	Pool		ZL

Thursday 05/07/2017	6:00 - 7:30	DS1 / DS3	Leys	Pool	4	LO
	17:15 - 18:15 (OR 18:00-18:15)	HP / NP	Barton	Circuit/ Weights (pre-pool)	Gym/ Studio	Session set by MP
	18:30 - 20:30	HP / NP	Barton	Pool	4	AB
	18:45 - 20:30	D3 / AC1 / AC2	Ferry	Pool	2 / 2 / 2	LB / LO
	18:45 - 20:30	P1 / P2	Oxford High	Pool + TRX	3 / 3	ZL + MP
	20:30 - 22:00	JM / Masters	Oxford High	Pool		ZL

7/07/2018 no training at Headington

Changes due to Level 3 13th – 15th of July

Coaches attend: ZL.LO.LB

FW AL from 13-15th July

Friday 13/07/2018	5:30 - 7:30	HP / NP	Leys	Pool	4	AB
	5:30 - 7:30	P2 P1	Oxford High	Pool	3 / 3	ZL/LB
	17:00 – 18:00	AC1/Ac2/AC3	Leys	Pool	3 / 3	

	16:30 – 17:30	GR1: HP / NP GR2: HP/NP	Leys	Weights/Circuit Post pool	GYM poolside	MP
	18:00 – 20:30	NP/HP P1/P2 that only swimmers are going to English/British nationals and are not swimming both days level 3 (this will be a quality session)	Oxford High	Pre-pool Pool Post pool	3 / 3	AB/ZL
	20:30 - 21:00	Cancelled	Oxford High	Pool		
	6:00 - 8:00	Cancelled	Leys	Pool	3	
	6:30 - 8:00	Cancelled	Leys	Pool	2	
	7.30 - 9.00	P1/P2 (those are going to English/British that are not doing Level 3) + masters + JM	Headington	Pool	5	ZL
Saturday 14/07/2018	9:00 - 10:30	AC1/ AC2 / AC3 Not competing at Level 3	Headington	Pool	5	LB / LO
	10:30 - 11:30	RSG / RSS	Headington	Pool	5	LB + 1
	11:30 - 12:15	RSB Group 1	Headington	Pool		LB
	12:15 - 13:00	RSB Group 2	Headington	Pool		LB
	11:30 – 13:00	Lessons	Headington	Pool		Teaching staff
Sunday 15/07/2018	18:15 - 19:00 18:00 - 18:30	GR 1:HP / NP GR 2: HP/ NP	Leys	Weights / Circuit Post pool	GYM poolside	MP (AB)

Day	Time	Squad	Location	Pool/land	Lanes	Coach
Sunday cont.	13:00 – 15:00	NP/HP/P1/P2 Swimmers who are going to nationals that are not doing level 3	Coventry Long course	Pool	6	AB
	15:00 – 17:00	Cancelled	OH	Pool	6	
	17:00 – 18:00	RSS/RSSG	Oxford High	Pool	6	AB

18:00 – 19:30 Masters Oxford High Pool 6 Session set by ZL
 19:30 – 20:30 Oxford high pool 6 lanes Cancelled

Michael on CPD

Wednesday 18/07/2018	5:30 - 7:30	HP/NP/P1/P2	Leys	Pool	4	ZL
	5:30 - 7:30	HP/NP / P1/P2	Oxford High	Pool	6	LB/AB
	16:45 - 17:00	HP	Leys	Pre-pool		Set by MP
	17:00 - 19:00	HP	Leys	Pool	1	AB
	17:00 - 18:00	AC3	Leys	Pool	3	LB
	18:15 - 18:45	AC3	Leys	Post-pool	Studio 1	MP
	18:00 - 19:30	DS1	Leys	Pool	3	FW
	18:00 - 19:00	RSG	Leys	Pool	2	LB
	18:15- 19:00	HP / NP	Leys	Pre-pool		Set by MP
	19:00 - 21:00	HP / NP	Leys	Pool	5	AB / LB (IK)
	18:45 - 19:15	DS2	Leys	Pre-pool	Studio 1	MP
	19:00 - 20:00	RSB	Leys	Pool	Small pool	LB
	19:15 - 20:00	HP	Leys	Post pool	GYM	MP
	19:30 - 21:00 20:00 - 21:00	DS2	Leys	Pool Pool/ Land Starts	3	FW / MP
	20:00 - 21:30	JM / Masters	Oxford High	Pool		ZL

Changes due to British Nationals from 24th – 29th of July

Coaches Attend: AB,MP for 2 weeks

ZL going to Sheffield on the 29th

FW is traveling to the Welsh nationals on the 29th

Monday 23/07/2018	6:00 - 7:30	HP / NP	OH	Pool	6	AB / LO/ MP
	6:00 - 7:30	P1 / P2	Leys	Pool	2 / 2	ZL
	17:0 – 18:30	DS1	Leys	Land/Pool STARTS Pool	4	FW
	18:30 – 20:00	DS2	Leys	Pool	4	FW
	20:00 – 21:00	CANCELLED	Leys	pool	4	
	18:45 - 20:30	P1/NP	Oxford High	Pool	3 / 3	ZL
	20:30 - 22:00	JM / Masters	Oxford High	Pool	6	ZL
Tuesday 24/07/2018	6:00 - 7:30	DS1 / DS2 / DS3	Leys	Pool	4	FW
	18:30 - 20:30	P1/ P2	Leys	Pool	4	ZL

		Those swimmers are going to British/English				
	18:00 - 19:30	P1 / P2 Swimmers are not going to british + All NP	Oxford High	Pool	3 / 3	LB
	19:00 - 19:30	AC1 / AC2	Oxford High	Pre-Pool		LB / LO
	19:30 - 21:00 (20:00-21:00)	DS3 / AC1 / AC2	Oxford High	Pool (Land/Pool Starts)	2 / 2 / 2	LB / LO
Wednesday 25/07/2018	5:30 - 7:30	Cancelled	Leys	Pool	4	
	5:30 - 7:30	NP / P1/P2	Oxford High	Pool	6	ZL/LB
	17:00 - 18:00	RSB	Leys	Pool	1	FW/LB
	17:00 - 18:00	AC3	Leys	Pool	3	FW/ LB
	18:00 - 19:30	DS1	Leys	Pool	3	FW
	18:00 - 19:00	RSG	Leys	Pool	2	LB
	19:00 - 20:30	NP	Leys	Pool	3	LB (IK)
	19:00 - 20:30	CANCELLED	LEYS	Pool	2	
	20:30 - 21:00	CANCELLED	LEYS	POOL	5	
	19:00 - 20:00	Cancelled	Leys	Pool	Small pool	
	19:30 - 21:00	DS2	Leys	Pool	3	FW
	20:00 - 21:30	JM / Masters	Oxford High	Pool		ZL

Day	Time	Squad	Location	Pool/land	Lanes	Coach
Thursday 26/07/2018	6:00 - 7:30	DS1 / DS3	Leys	Pool	4	LO
	17:15 - 18:15	Cancelled	Barton	Studio		
	18:30 - 20:00	NP/ P1/ P2 Not going British	Barton	Pool	4	ZL
	20:00 - 20:30	Cancelled	Barton	Pool	4	
	18:45 - 20:30	D3 / AC1 / AC2	Ferry	Pool	2 / 2 / 2	LB / LO
	18:45 - 20:30	JM/ Masters	Oxford High	Pool	3 / 3	Session set by ZL
	20:30 - 22:00	Cancelled	Oxford High	Pool		
Friday 27/07/2018	5:30 - 7:30	Cancelled	Leys	Pool	4	
	6:00 - 7:30	P2/P1/NP	Oxford High	Pool	3 / 3	ZL FW
	16:45 - 17:00	P1/NP/P2	Leys	Pre-pool	Pool side	ZL/FW
	17:00 -	NP/ P1/P2/JM	Leys	Pool	6	ZL/FW

	18:30					
	18:30 – 18:45	NP/P1/P2/JM	leys	Post pool		ZL/FW
	18:30 – 20:00	DS2/DS1	Leys	Pool	6	FW/ZL
	20:00 – 21:00	Cancelled	Leys	Pool	6	
	18:00 - 19:30	AC1 / AC3	Oxford High	Pool	3 / 3	LB / LO
	19:30 - 21:00	Cancelled	Oxford High	Pool	6	
28/07/2018 End of Season Fun relays at Headington						
	6:00 - 8:00	Cancelled	Leys	Pool	3	
	6:30 - 8:00	Masters	Leys	Pool	2	
Saturday 28/07/2018	7.30 - 11:30	7:30-9:00am Cancelled all lanes at Headington 9:00 – 10:30 All squad invited 10:30 – 11:30 All RSS.RSB.RSG 11:30 – 13:00 fun sessions LB#				
	11:30 - 12:15					
	12:15 - 13:00					
	11:30 – 13:00	Lessons	Headington	Pool		Teaching staff
Sunday 29/07/2018	16:00- 17:00	RSS/RSG/AC3	Leys	pool	6	LB/LO
	17:00 – 18:30	NP/P1/P2/Ac2/JM	Leys	Pool	6	LB/LO
	18:30 – 20:00	DS1/DS2/DS3	Leys	Pool	6	LB/LO

Sunday timetable continued overleaf

Day	Time	Squad	Location	Pool/land	Lanes	Coach
Sunday cont. 29/07/2018	15:00 – 19:00 OH 6 lanes Cancelled 19:00 – 20:30 masters OH session set by ZL					

Monday 30/07/2018	5:30 - 7:30	Cancelled	OH	Pool	6	
	6:00 - 7:30	P1/P2/NP	Leys	Pool	4	LO
	17:00 – 18:30	DS1/DS2	Leys	Pool	4	LB
	18:30 – 20:00	P1/JM	Leys	Pool	4	LB
	20:00 – 21:00	Cancelled	Leys	Pool	4	
	18:45 - 20:30	Cancelled	Oxford High	Pool	3 / 3	
	20:30 - 22:00	Masters	Oxford High	Pool	6	Session Set ZL

Changes due to English Nationals from 31st of July to 4th of August

Michael away on the English Camps – Sheffield

Tuesday 31/07/2018	6:00 - 7:30	Cancelled	Leys	Pool	4	
	18:30 - 20:00	cancelled	Leys	Pool	4	
	18:00 - 19:30	P1/P2/Np	Oxford High	Pool	3 / 3	LB/LO
	19:30 - 21:00	DS2/AC1/AC2	Oxford High	Pool	6	LB/LO
Wednesday 1/08/2018	5:30 - 7:30	Cancelled	Leys	Pool	4	
	6:00 - 7:30	P2/P1 + DS1/DS2/DS3	Oxford High	Pool	6	LB/LO
	17:00 - 18:00	AC3/RSG	Leys	Pool	4	LB
	18:00 - 19:30	DS1/DS2/RSB	Leys	Pool	6	LB/LO
	19:00 - 20:00	Cancelled	Leys	Pool		
	19:30 - 21:00	JM/Masters	Leys	Pool	5	Session set by ZL
	20:00 - 21:30	Cancelled	Oxford High	Pool		

Day	Time	Squad	Location	Pool/land	Lanes	Coach
Thursday 02/08/2018	5:30 - 7:30	Cancelled	Leys	Pool	4	
	18:30 - 20:30	P1/P2	Barton	Pool	4	LO
	18:45 - 20:30	D3 / AC1 / AC2	Ferry	Pool	2 / 2 / 2	LB / LO
	18:45 - 20:30	Cancelled	Oxford High	Pool	6	
	20:30 - 22:00	JM / Masters	Oxford High	Pool		Warm up set by ZL

Friday 03/08/2018	5:30 - 7:30	Cancelled	Leys	Pool	4	
	6:00 - 7:30	DS1/DS2/DS3/P1/P2	Oxford High	Pool	3 / 3	LB/LO
	17:00-18:00	RSB/RSS/RSG	Leys	Pool	6	LB/LO
	18:00 - 19:30	P1/P2/DS1	Leys	Pool	6	LB/LO
	19:30 - 21:00	DS2/AC1/AC3	Leys	Pool	6	LB/LO
	18:00 - 19:30	cancelled	Oxford High	Pool	3 / 3	
	19:30 - 21:00	Cancelled	Oxford High	Pool	6	
Saturday 04/08/2018	6:00 - 8:00		Leys	Pool	3	
	6:30 - 8:00	Masters	Leys	Pool	2	
	No Headington sessions					