

## IMPORTANT

### TRIAL change in Training sessions at High School

Following Wayne's guidance the non-masters training sessions at the High School will alter as from next Tuesday, 20<sup>th</sup> May:

Day	Lanes	Time	Swimmers
Sun:	2	5.30-6.30	Development squad
	2	5.30-6.30	Junior squad
	4	6.30-8.00	Senior squad
Mon	No sessions – training at W.Lodge		
Tues:	4	6.45-7.45	Junior squad
	4	7.45-9.15	Senior squad
Wed	4,2	6.00-7.00	Development squad+
	2,4	6.30-7.30	Junior Squad+
	4	7.30-9.00	Senior squad+
Thur	4	6.30-7.30	Junior squad
	4	7.30-8.30	Senior squad
Fri	No sessions		
Sat AM	4	7.15 -8.45	All squads+

+ = open to any swimmers

Swimmers will move UP and DOWN between these squads depending on performance, specific training required, injuries, etc. A movement DOWN is not a negative move. During this week we will be allocating swimmers to the various squads. BUT please be aware that over the next couple of weeks there may be a lot of movement.