



### Updated Squad Requirements - September 2017

Squad	Age Range	Min no. of sessions p/w*	Ideal no. of sessions p/w	Should have achieved	Target Qualifying level
Pre-Dev	10-12	2	3+	Sub 250 secs (combined 50's)	Development Meet
Development	9-11	3	4+	Sub 225 secs (combined 50's)	Development/ County
Junior Performance B	10-12	3	4-5	County QT's	County
Junior Performance A	12-14	4	6-7	Multiple County QT's	Regional
Performance	13+	5	8	Regional QT's	National
Performance B	13+	3	4-5	N/A	County
Club Squad Youth	9-12	N/A	N/A	N/A	N/A
Club Squad Senior	13+	N/A	N/A	N/A	N/A

\*Swimmers that do not make the minimum number of sessions for their squad risk losing their place. High attendance is a priority for those who wish to compete with the best.

### Squad Training Times - Sept 2017 (green highlights change)

#### Pre-Development (8-9)

Day	Time	Location
Sunday	11:00 – 12:00	Holloway Pool
Monday	17:00 – 18:00	Holloway Pool
Wednesday	17:30 – 18:30	Holloway Pool
Thursday	17:30 – 18:30	Holloway Pool
Saturday	17:30 – 18:30	Holloway Pool

**Pre-Development (10-12)**

Day	Time	Location
Saturday	11.00 - 12.00	Holloway Pool
Sunday	11.00 - 12.00	Holloway Pool
Monday	17.00 - 18.00	Holloway Pool
Wednesday	17.30 - 18.30	Holloway Pool
Thursday	17.30 - 18.30	Holloway Pool

**Development (9-11)**

Day	Time	Location
Sunday	17.30 - 18.30	Cally Pool
Monday	18.00 - 19.00	Holloway Pool
Tuesday	18.00 - 19.00	Holloway Pool
Wednesday	18.30 - 19.30	Holloway Pool
Thursday	18.30 - 19.30	Holloway Pool
Friday	19.00 - 20.00	IRB

**Junior Performance B (10-12)**

Day	Time	Location
Sunday	17.30 - 18.30	Cally Pool
Monday	18.30 - 20.00	Cally Pool
Tuesday	18.30 - 20.00	Cally Pool
Wednesday	18.30 - 20.00	Cally Pool
Thursday	19.30 - 20.30	Holloway Pool
Friday	19.00 - 21.00	IRB

**Junior Performance A (12-14)**

Day	Time	Location
Sunday	18.30 - 20.30	Cally Pool
Monday	06.00 - 07.30	Cally Pool
Monday	18.00 - 20.00	Holloway Pool
Tuesday	18.00 - 20.00	Holloway Pool
Wednesday	18.30 - 20.30	Holloway Pool
Thursday	18.30 - 20.00	Cally Pool
Friday	06.00 - 07.30	Cally Pool
Friday	19.00 - 21.00	IRB

**Performance B (13+)**

Day	Time	Location
Sunday	18.30 - 19.30	Cally Pool
Monday	06.00 - 07.30	Cally Pool
Monday	20.00 - 21.30	Cally Pool
Tuesday	20.00 - 21.30	Cally Pool
Wednesday	19.30 - 20.30	Holloway Pool
Thursday	19.30 - 20.30	Holloway Pool
Friday	06.00 - 07.30	Cally Pool
Friday	19.00 - 21.00	IRB

**Performance (13+)**

Day	Time	Location
Sunday	18.30 - 20.30	Cally Pool
Monday	06.00 - 07.30	Cally Pool
Monday	18.00 - 20.00	Holloway Pool
Tuesday	18.00 - 20.00	Holloway Pool
Wednesday	18.30 - 20.30	Holloway Pool
Thursday	18.30 - 20.30	Holloway Pool
Friday	06.00 - 07.30	Cally Pool
Friday	19.00 - 21.00	IRB

**Club Squad Youth (9-12)**

Day	Time	Location
Sunday	17:30 – 18:30	Cally Pool
Monday	19:00 – 20:00	Holloway Pool
Tuesday	19:00 – 20:00	Holloway Pool
Thursday	18:30 – 19:30	Holloway Pool
Saturday	11:00 – 12:00	Holloway Pool

**Club Squad Senior (13+)**

Day	Time	Location
Sunday	19:30 – 20:30	Cally Pool
Monday	20:00 – 21:30	Cally Pool
Tuesday	20:00 – 21:30	Cally Pool
Wednesday	20:30 – 21:30	Holloway Pool
Friday	20:00 – 21:00	IRB