

**CITY of COVENTRY SWIMMING CLUB SQUAD TIMETABLE**  
**From 25<sup>th</sup> February 2018**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
AM sessions open to listed groups, unless agreed with group coach	XXX	SE, SP = 5.00-7.00am AR JE = 5.00-7.00am (50) PW Distance Masters 5.00-7.00am DM	SE = 5.00-7.00am AR Masters 5.00-7.00am (50) DM	JE, JP, SS = 5.00-7.00 (50) JE Distance Masters 5.00-7.00am DM	SE = 5.00-7.00am AR SP = 5.15-7.00am (50) MB	SE = 5.00-7.00 AR Masters = 5.00-7.00am (50) DM	XXX
Senior Elite	XXX	4.00-6.00pm (50) AR Land-work 6.00-6.45pm AR	5.00-7.00pm (Uni) AR	4.00-6.00pm (50) JE	4.00-6.00pm (25) AR Land-work 6.00-6.45pm MB	4.00-6.00pm (25) AR	6.00-8.00am (50) AR & JF Land-work 8.00-9.15am AR
Junior Elite	XXX	6.00-8.00pm (50) PW 5.15-6.00pm Land-work PW	4.30-6.30pm (25) PW	6.00-8.00pm (50) PW	6.00-7.30pm (25) PW 5.15-6.00PM land work	4.00-6.00pm (25) PW	6.00-8.00am (50) PW Land-work 8.00 – 9.00am PW
Senior Performance	6.00 -7.30pm (50) Land-work 5.00-5.45pm MB	8.00-9.30pm swim (50) MB Land-work 7.00-7.45pm MB	6.45-8.30pm (50) MB	4.00-6.00pm (50) JE Land-work 6.15-7.00pm MB	8.00-9.30pm (25) MB Land-work 7.00-7.45pm MB	4.00-6.00pm (25)	XXX
Senior Squad	4.30 -6.00pm (50) RS Land work 6.15-7.00pm RS	8.00-9.30pm swim (50) RS Land-work 7.00-7.45pm RS	6.00-7.30pm (LH) RS	5.00-7.00am (50) JE	XXX	4.00-6.00pm (25) RS	XXX
Junior Performance	4.15 -6.00pm (50) JE Land-work 6.15-7.00pm JE	6.45-8.30pm (CC) JE	6.45-8.30pm (50) JE	XXX	7.30-9.00pm (25) JE Land-work 7.00-7.30pm JE	7.00-8.15pm (25) JE	XXX
High Achievers (Ben)	3.00-4.30pm (50) JE	XXX	6.45-8.30pm (CC) BR	6.45-8.30pm (CC) BR	6.45-8.30 (CC) BR	7.00-8.15pm (25) BR	8.00-10.00am (50) BR Land-work 7.00-7.45am BR
High Achievers (Jess)	4.30-6.00pm (50) JF	XXX	6.45-8.30pm (CC) JF	6.45-8.30pm (CC) JF	6.45-8.30pm (CC) JF	7.00-8.15pm (25) JF	8.00-10.00am (50) JF Land-work 7.00-7.45am JF
Blue Achievers	3.00-4.15pm (50) BJ Land-work 4.30-5pm (BJ)	6.00-7.15 (LH) BJ	XXX	6.00-7.00 (LH) BJ	XXX	6.00-7.00pm (25) BJ	XXX
Red Achievers	3.00-4.15pm (50) RSc Land-work 4.30-5pm (RSc)	6.30-7.30pm (FX) RSc	XXX	XXX	6.15-7.30pm (LH) RSc	6.00-7.00pm (25) RSc	XXX
Reception Achievers 1	3.00-4.15pm (50) AR	7.15-8.15pm (LH) AR	XXX	XXX	6.15-7.30pm (LH) RSc	6.00-7.00pm (25) SF	XXX
Reception Achievers 2	3.00-4.15pm (50) SF	XXX	6.30-7.30pm (Fx) SF	7.00-8.00pm (BL) SF	XXX	XXX	XXX
Masters	6.00-7.30pm (50) DM	XXX	8.30-9.30 pm (50) Session left on board	6.00-7.30pm speed & 7.30-8.30pm (Uni) DM	XXX	7.00-8.30pm (Uni) DM or cover coach	XXX
Junior Club 1 (Younger)	XXX	6.45-7.45pm (CC) EH	7.30-8.30pm (LH) RSc	7.00-8.00pm (LH) BJ	XXX	XXX	XXX
Junior Club 2 (Older)	XXX	7.45-8.45pm (CC) EH	8.30-9.30 pm (50) Josh F	6.00-7.00pm (BL) Josh F/SF	XXX	XXX	XXX

Uni = University of Warwick

25 = Short Course Coventry Sports Centre

50 = Long Course Coventry Sports Centre

MB = Matt Bruce

PW = Paul Wilson

BJ = Ben Jelley

SF = Sam Fairchild

BL = Bablake School

CC = Caludon Castle

AR = Adam Ruckwood

JE = Joe Evans

JF = Jess Ford

BR = Ben Ryder

Josh F = Joshua Fairchild

Fx = Foxford School

LH = Lyng Hall School

EH = Eve Hodson

DM = Dave Moreton (Jelly)

RSc = Rihon Scullion

AR = Anita Ryder

RS = Rodney Smith