

CITY of COVENTRY SWIMMING CLUB SQUAD TIMETABLE
From 1st June 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM sessions open to listed groups, unless agreed with group coach	XXX	SE & JE = 4.40-7.00am AR & PW SP = 5.00-7.00am (50) AR Distance Masters 5.00-7.00am DM	SE = 4.40-7.00am AR Masters 5.00-7.00am (50) DM	JE 4.40-7.00 PW, JP & SS = 5.00-7.00 (50) JE Distance Masters 5.00-7.00am DM	SE = 4.40-7.00am AR SP = 5.15-7.00am (50) MB	SE = 4.40-7.00 AR Masters = 5.00-7.00am (50) DM	XXX
Senior Elite	XXX	3.45 pm Pre pool 4.00-6.00pm (50) AR Land-work 6.00-6.45pm AR	4.45pm pre pool 5.00-7.00pm (Uni) AR	3.45pm pre pool 4.00-6.00pm (50) JE	3.45pm pre pool 4.00-6.00pm (25) AR Land-work 6.00-6.45pm MB	3.45pm pre pool 4.00-6.00pm (25) AR	5.40-6.00am pre pool, 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	4.15pm pre pool, 4.30-6.30pm (25) PW	5.45pm pre pool, 6.00-8.00pm (50) PW	6.00-7.30pm (25) PW 5.15-6.00PM land work	4.00-6.00pm (25) PW, 6.00-6.15pm post pool	5.40-6.00am pre pool, 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	6.45-8.30pm (50) 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)	6.30-7.30pm (FX) BJ	XXX	6.30-7.30 (FX) 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	6.30-7.30pm (FX) RSc	XXX	6.00-7.00pm (25) RSc	XXX
Reception Achievers 1	3.00-4.15pm (50) ARy	6.45-8.00pm (CC) ARy	XXX	7.00-8.00pm (BL) SF	XXX	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) EV	8.30-9.30 pm (50) Josh F	6.00-7.00pm (BL) SF	XXX	XXX	XXX
Junior Club 2 (Older)	XXX	7.45-8.45pm (CC) EV	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

BL = Bablake School

CC = Caludon Castle

AR = Adam Ruckwood

JE = Joe Evans

JF = Jess Ford

BR = Ben Ryder

Fx = Foxford School

EV = Eva Vicary

DM = Dave Moreton (Jelly)

RSc = Rihon Scullion

ARy = Anita Ryder

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SF = Sam Fairchild

Josh F = Joshua Fairchild

RS = Rodney Smith