



CITY OF PETERBOROUGH SWIMMING CLUB

Easter Weekend and Holiday 2018 - Training Changes

TRAINING DATE CHANGES

The following changes to the training time-table will take place over the Easter holiday period.

Good Friday – 30th March 2018

- 5.30-7.30am Regional Pool – ON as normal – Development 1 are also invited to this session as a one off skills session
- All PM sessions are cancelled

Saturday 31st March 2018

- No training for A Squad at Oundle

Sunday 1st April 2018

- No training for B, Youth, Youth Plus, Masters and Development 2 squads

Easter Monday – 2nd April 2018

- Monday AM – 8.00-10.00am – Regional Pool - A Squad and invited B1 squad members ONLY
- Monday PM 4.00-5.30pm – A Squad & B1 Squad
 - 5.30-6.30pm – Development 1 & 2 Squads
 - 6.30-8.00pm - B2, Youth, Youth Plus and Masters Squads

Friday 13th April – COPS Meet Day One

There will be training at Whittlesey at 5.00-7.00pm for A, B1, Development 1 & 2, Youth, Youth Plus and Masters squads swimmer's that aren't competing on day one of the COPS meet. All sessions at the Regional that EVENING is cancelled due to the meet, the AM session is still on.

Saturday 14th April – COPS Meet Day Two

Oundle training is still ON for A Squad. B1 squad are welcome to attend this session if they aren't racing on day two.

Sunday 15th April – COPS Meet Day Three

All swim sessions are cancelled due to the meet being hosted.

SQUAD SPECIFIC ACTIVITIES OVER THE 2 WEEKS

A Squad

All AM sessions on Wednesday 4th April, Friday 6th April, Monday 9th April, Wednesday 11th April, Friday 13th April will be followed by strength and conditioning at 8.00-9.00am at the Regional Pool.

Monday 9th and Thursday 12th April at 6.30-7.00pm will be a talk from a guest speaker.

Thursday 5th April there will be a Start skill analysis session and Monday 9th April there will be a turn skills analysis session. Bring your own cameras.



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B1 Squad

All AM sessions on Wednesday 4th April, Friday 6th April, Monday 9th April, Wednesday 11th April, Friday 13th April will be followed by strength and conditioning at 8.00-9.00am at the Regional Pool.

Thursday 5th April at 7.00-7.30pm will be a talk on open meet time-line practise.

Thursday 12th April at 7.00-8.00pm will be a talk from a guest speaker.

B2 Squad

All AM sessions on Friday 6th April, Monday 9th April, Friday 13th April will be followed by strength and conditioning at 8.00-9.00am at the Regional Pool.

Thursday 5th April at 7.00-7.30pm will be a talk on open meet time-line practise.

Thursday 12th April at 7.00-7.30pm will be a talk from a guest speaker.

Development 1 Squad

There will be a Breaststroke stroke skills session with National/International medallist swimmers from A Squad demonstrating on Friday 6th April

There will be a FLY stroke skills session with National/International medallist swimmers from A Squad demonstrating on Thursday 12th April.

Development 2 Squad

There will be a Breaststroke stroke skills session with National/International medallist swimmers from A Squad demonstrating on Friday 6th April

Youth Plus Squad

All Youth Plus are invited to join A Squad in the AM Strength and conditioning at 8.00-9.00am on Friday 6th and Friday 13th April.

Youth Squad

All Youth squad are invited to attend at skills session at 5.30-7.30am on Friday 13th April at the Regional Pool.

Masters Squad

All Youth squad are invited to attend at skills session at 5.30-7.30am on Friday 13th April at the Regional Pool.

Mini Squad

There will be a Butterfly stroke skills session with National/International medallist swimmers from A Squad demonstrating on Tuesday 3rd April. Both Stanground 1 and Stanground 2 will practise in their normal training slot times for this session.

There will be a strength and conditioning session on Tuesday 10th April with David Jakeman, COPS S&C coach. Stanground 2 will practise S&C at 5.00-5.50pm. Stanground 1 will practise S&C at 6.15-7.00pm. Please bring COPS shorts, t-shirt and trainers to wear at your S&C session.