

TRAINING GROUPS – EFFECTIVE 16th January 23

Swimmers are divided into six groups based on age, physical development, speed and ability, in line with the British Swimming Optimal Athlete Development Framework programme (OADF). Two further practise groups exist for experienced swimmers wishing to maintain their membership as Masters and/or Fitness (Group 7, by invitation) and whilst at college/university for existing club members during holiday periods (Group 8).

Swimmers are encouraged to attend **as many as possible** of the sessions to which they are entitled, in order to benefit from all the different aspects of the varied training plans (different coaching targets and objectives for different sessions), and to build their stamina and stroke development. A beneficial by-product of the swimming programme is that it has a pronounced effect on levels of general health and fitness, as well as appearance and well-being. For children who enjoy other sports, whether with schools or clubs, their swimming training and competition experience will have a direct crossover benefit.

Berkhamsted Swimming Club swims at two pools: The Knox Johnston Sports Centre (KJ) and Everyone Active Berkhamsted (BLC).

The only times there is **no training or adjusted training times** are: Bank Holidays; the August two week shutdown; pool issues (maintenance/fault); Berkhamsted School galas, or if there are coach availability issues. All training sessions continue as normal on dates when competitions are taking place, except where a BLC event is scheduled during the normal training session(s). **All members will be advised of any changes via email and News page on our website www.berkosc.org.uk.**

	GROUP 1*	GROUP 2	GROUP 3 **	GROUP 4	GROUP 5	GROUP 6	Masters & DTC
Monday	18:35–19:45 (KJ)	18:35–19:45 (KJ)	18:35–19:45 (KJ)	18:35–20:15 (BLC)	18:35–20:15 (BLC)	18:35–20:15 (BLC)	
Tuesday						19:05-20:45 (KJ)	
Wednesday	17:20-18:30 (KJ)	17:20-18:30 (KJ)	17:20-18:30 (KJ)	19:20-20:45 (BLC)	19:20-20:45 (BLC)	18:20-20:00 (KJ)	19:20-20:45 (BLC)
Thursday			17:20-19:00 (KJ)	17:20-19:00 (KJ)	17:20-19:00 (KJ)	18:50-20:30 (KJ)	20:30-21:45 (KJ)
Friday	05:50 – 07:00 (BLC) Open to swimmers by prior agreement Group 3 & above Inc. Masters, DTC or by Head Coach invitation						
Saturday					07:35-08:45 (KJ)	07:35-08:45 (KJ)	06:35-07:45 (KJ)
Sunday	16:35-17:45 (BLC)	16:35-17:45 (BLC)	17:35-18:45 (BLC)	17:35-18:45 (BLC)	18:35-20:15 (BLC)	18:35-20:15 (BLC)	17:35-18:45 (BLC) or 18:35-20:15 (BLC) ***

* Swimmers in **Group 1** are entitled to choose 2 of the 3 available sessions.

** Swimmers in **Group 3** are entitled to choose a max of 3 sessions per week.

*** Temporary attendance at Group 5 or 6, whilst we reorganise schedule.

Addresses:

- KJ - Knox Johnston Sports Centre, Kings Road, Berkhamsted, HP4 3BG
- BLC - Everyone Active Berkhamsted, Lagley Meadow, Douglas Gardens, Berkhamsted, HP4 3QQ