TRAINING ALTERATIONS
Updated 7th January 2020

Performance Pathway | Competition Pathway | Club Pathway | Para Pathway

Friday 10th January	Senior & Junior Performance	Evening training cancelled.
Saturday 11th Jan 2020	Senior & Junior Performance	Tollcross Training cancelled for the West Districts Round 1
	Senior competition	
Sunday 12th January	**West Districts Round 1 Tollcross**	Coaches Byron & Brian
Monday 13th January	Senior Performance	Morning training cancelled. Evening session 5:00-6:30pm @ Troon (recovery session from the weekend-Adaptation week)
Sunday 19th January	**SAST Mini Meet**	Coaches TBC
	Ayr Development	Citadel Session cancelled- Swimmers can attend Troon 4:45-5:45pm
	Junior Competition	Session Cancelled (SAST Mini Meet). Any swimmers 13yrs/over that are not competing can attend 5:00-6:45pm @ Prestwick
Monday 20th January	**Time Trials**	For All Competition Squads & Club Squads. All evening sessions cancelled except Senior Performance & Senior Club/Masters
Friday 24th January	Junior Performance	Evening training cancelled. Swimmers not competing at the Schools can attend 6:00-7:30am @ Troon
	Senior Performance	Evening Training Cancelled. Morning session as normal.
Saturday 25th January	**Scottish National Schools Championships**	Coaches Byron & Brian Venue Tollcross
	Renfrew Mini Meet	Coaches TBC
	Senior & Junior Performance Senior Competition	Tollcross session cancelled (Scottish Schools)
Sunday 26th January	Renfrew Junior Meet	Coaches TBC
	Senior Competition	Session cancelled (swimmers are attending the Renfrew Meet)