

Squad Handbook 2016-2017

**WREXHAM SWIMMING CLUB - TRAINING TIMETABLE (2016-2017)**

| SQUAD                | MONDAY                 | TUESDAY                | WEDNESDAY                | THURSDAY                   | FRIDAY                     | SATURDAY               | SUNDAY                 |
|----------------------|------------------------|------------------------|--------------------------|----------------------------|----------------------------|------------------------|------------------------|
| GOLD A               | 0530-0700<br>1630-1830 | 0530-0700<br>1900-2100 | 1615-1830*               | 1615-1800 G<br>1800-1930 B | 0530-0700<br>1615-1800     | 0600-0900*             |                        |
| GOLD B               | 0530-0700<br>1830-2000 | 0530-0700<br>1900-2100 |                          | 1615-1800 G<br>1800-1930 B | 0530-0700                  | 0600-0900*             |                        |
| GOLD C               | 0530-0700              | 0530-0700<br>1900-2100 |                          | 1615-1800 G<br>1800-1930 B |                            | 0600-0900*             |                        |
| SILVER A             | 1930-2100 C            | 1715-1900**            | 0530-0700<br>1745-1930** |                            | 0530-0700                  | 0600-0900*             |                        |
| SILVER B             |                        | 1745-1900**            | 0530-0700                | 1930-2100 C                | 1745-1930**                | 0800-0900              |                        |
| SILVER C             |                        |                        | 0530-0700                | 1930-2100 C                | 0530-0700<br>1900-2030 C   | 0800-0900              | 1715-1845              |
| BRONZE               | 1800-1930 C<br>(BA)    | 1630-1730<br>(BA & BB) | 1800-1930 C<br>(BA & BB) | 1800-1930 C<br>(BB)        |                            | 0800-0900<br>(BA & BB) | 1715-1845<br>(BA & BB) |
| DEVELOPMENT          | 1900-2030 R<br>(DA)    |                        | 1830-2000 R<br>(DB)      | 1700-1830 R<br>(DA)        | 1900-2030 R<br>(DB)        |                        | 1715-1845<br>(DA + DB) |
| SHARKS 1<br>SHARKS 2 | 1800-1900 R            | 1800-1900<br>1800-1900 |                          | 1700-1800 C                | 1800-1900 C<br>1800-1900 R |                        |                        |
| SEALS 1<br>SEALS 2   | 1700-1800 R            |                        | 1700-1800 C              |                            | 1700-1800 C<br>1700-1800 R |                        |                        |

\* Session includes Land Training

(All Gold/Silver PM Sessions include 15min Conditioning Pre or Post Session)

- **Thursday PM Session for Gold/Comp Squad will be split: Girls (1615-1800) & Boys (1800-1930)**
- **Thursday PM Session for Silver C is a temporary arrangement whilst numbers allow and could removed from your timetable later in the season (you will be notified of this)**

C = Clywedog

R = Rhosnesni

All other sessions at Waterworld