

# HODDESDON SWIMMING CLUB – TRAINING SCHEDULE 2018

JW JOHN WARNER

SB SIMON BALLE

QW QUEENSWOOD

LT LAURA TROTT

DEVELOPMENT SQUADS	<b>Competitive Transition</b>	<b>1 hour</b>	<b>Pool</b>	<b>Coaches</b>
	Sunday	5.15pm – 6.15pm	JW	Bradley Woodhouse
	<b>Academy</b>	<b>3 hours</b>	<b>Pool</b>	<b>Coaches</b>
	Tuesday	6.10pm – 7.10pm	JW	Michelle Leach/Emma Warrington/Christie Bays
	Thursday	6.15pm – 7.15pm	SB	Andrew Woodhouse/Janet Warrington
	Sunday	5.15pm – 6.15pm	JW	Andrew Woodhouse
	<b>Club Development</b>	<b>3 hours 30 mins</b>	<b>Pool</b>	<b>Coaches</b>
	Monday	6.30pm – 8.00pm	SB	Steve Hunt
	Friday	8.00pm – 9.00pm	JW	Andrew Woodhouse/Ryan Brewster
	Sunday	7.45pm – 8.45pm	JW	Steve Hunt
COMPETITIVE SQUADS	<b>Competitive 1</b>	<b>7 hours 45 mins</b>	<b>Pool</b>	<b>Coaches</b>
	Monday	6.00am – 7.00am	JW	Martin Godsave
	Monday	6.30pm – 8.00pm	SB	Emma Warrington
	Thursday	6.15pm – 7.45pm	SB	Janet Warrington/Andrew Woodhouse
	Friday	6.00am – 7.00am	JW	Andrew Woodhouse
	Friday (Land Training)	6.00pm – 6.45pm	JW	Kevin Larkman/Andrew Woodhouse
	Friday	7.00pm – 8.00pm	JW	Andrew Woodhouse/Ryan Brewster
	Sunday	5.15pm – 6.15pm	JW	Mary Wright/ Ryan Brewster
	<b>Competitive 2</b>	<b>10 hours 45 mins</b>	<b>Pool</b>	<b>Coaches</b>
	Monday	5.45am – 7.00am	JW	Martin Godsave
	Monday	6.45pm – 8.30pm	JW	Martin Godsave
	Wednesday	5.45am – 7.00am	JW	Mary Wright
	Thursday	5.45am – 7.00am	JW	Andrew Woodhouse
	Thursday	7.00pm – 8.45pm	SB	Andrew Woodhouse/Janet Warrington
	Friday	5.45am – 7.00am	JW	Andrew Woodhouse
	Friday (Land Training)	5.45pm – 6.45pm	JW	Kevin Larkman/Andrew Woodhouse
	Friday	6.45pm – 9.00pm	JW	Andrew Woodhouse/Ryan Brewster
	Sunday (by invitation)	6.45am – 9.00am	JW	Mary Wright/Paul Wollaston/Andrew Woodhouse
	Sunday	6.15pm – 7.45pm	JW	Mary Wright/Andrew Woodhouse
	<b>Competitive 3</b>	<b>21 hours</b>	<b>Pool</b>	<b>Coaches</b>
	Monday	5.45am – 7.00am	JW	Martin Godsave
	Monday	6.45pm – 9.00pm	JW	Mary Wright/Andrew Woodhouse
	Tuesday	6.45pm – 9.00pm	QW	Paul Wollaston
	Wednesday	5.45am – 7.30am	JW	Mary Wright
	Thursday	5.45am – 8.00am	JW	Andrew Woodhouse
	Thursday	6.00pm – 8.15pm	JW	Mary Wright/ Christie Bays
	Friday	5.45am – 8.00am	JW	Andrew Woodhouse
	Friday (Land Training)	6.00pm – 6.45pm	JW	Kevin Larkman/Ryan Brewster/Dan Smith/Andrew
	Friday	6.45pm – 9.00pm	JW	Andrew Woodhouse/Ryan Brewster
	Sunday	6.45am – 9.00am	JW	Mary Wright/Paul Wollaston/Andrew Woodhouse
Sunday	6.00pm – 8.15pm	JW	Mary Wright/Andrew Woodhouse	
MASTERS/TRI	<b>Masters</b>	<b>3 of 6 sessions</b>	<b>Pool</b>	<b>Coaches</b>
	Monday	6.00am – 7.00am	JW	Steve Gershon
	Monday	8.30pm – 9.30pm	JW	Martin Godsave
	Wednesday	6.00am – 7.00am	JW	Steve Gershon
	Friday	6.00am – 7.00am	JW	Steve Gershon
	Friday	8.00pm – 9.00pm	JW	Ryan Brewster
	Sunday	7.45pm – 8.45pm	JW	Steve Hunt
DISABILITY	<b>Disability Sessions</b>			
	<b>Special Olympics East Herts Squad</b>	<b>1 hour</b>	<b>Pool</b>	<b>Coaches</b>
	Tuesday (30 mins)	Session 1 – 6.10pm	JW	Coaches and Volunteers
	Tuesday (30 mins)	Session 2 – 6.40pm	JW	J. Warrington/E. Warrington/H. Warrington/ Christie Bays
	Every Sunday*	3.30pm – 5.00pm	JW	Janet Warrington/Emma Warrington
	Every Sunday*	4.15pm – 5.45pm	LT	Linda Crisp/Janet Warrington
*These sessions are for people with a disability and their family and carers.				
*Coaches and Teachers are available to support and give advice				