

Training Schedules 2021/22

National Squad	Regional Squad	County Squad	Academy	Club & Masters
Sophie Baker Jack Blair Elise Collins Milan Jaiswal Jessica Lindridge Isobelle Moore Elizabeth Murray Guillermo Sierra Villegas Chloe Stennett	Jack Bainbridge Alex Bates Emily Bates Millie Birch Beau Birtles William Brown Oliver Hadfield Katie Heeley Abigail Hodges Abbie Howells Samuel Knights Sophia Lichfield Maisey Oakley Lauren Osborn Lucy Redmond Bethany Renshaw Daniel Roberts Carlos Sierra Villegas Daisy Tatlow-Turner Joshua Taylor	Lily-Grace Belfield Jamie Brown Joseph Capille Liam Capille Rohan Clarke Joshua Gilbert Marni Green Ruby Isobel Green Hayden Hudson Holly Hunter Olivia Marples William Muspratt Alex Parsons Ellie Randall Robbie Ridley Oscar Stevens Calin Tomozei Jasmine Umney Sienna Welch Isabelle Wilmot	Jack Adsetts Max Attwater Darcie Rose Baily William Blackburn Jasmine Blanksby Poppy Clarke Rory Deakin Benjamin Gilbert Leyla Harrison Charlotte Kay Oliver Knights George Speer Henry Speer Kitty Sumner Alexandra Young	Terry Birtles Lily-Faye Bray Daniel Hepplewhite Joel Hudson Ian Lichfield Joseph Mattison Katy Murray Ruby Patton Elizabeth Rippin Guillermo Sierra Romero Richard Shand
Junior National Squad				
Ella Fenwick Ellie-Jo Hadfield Sophie Martin Ruby Nicholls Kate Pearson Cole Stevens Kt Taylor Daisy Wilson				
Sessions				
Monday 05:00 - 07:30 QP Tuesday 05:00 - 07:30 QP Tuesday 19:45 - 21:30 QP Thursday 05:00 - 07:30 QP Friday 05:00 - 07:30 QP Friday 17:15 - 19:15 HLC Saturday 05:00 - 08:00 QP Sunday 17:45 - 20:00 QP	Monday 05:15 - 07:15 QP Tuesday 05:15 - 07:15 QP Tuesday 19:15 - 21:00 QP Friday 05:15 - 07:15 QP Saturday 05:15 - 07:15 QP Sunday 15:45 - 18:15 QP	Monday 16:30 - 17:45 or 17:45 - 19:00 HH Tuesday 19:00 - 20:00 QP Thursday 05:45 - 07:15 QP Saturday 07:00 - 08:30 QP Sunday 17:00 - 18:30 QP	All swimmers should swim 1 session at HH: Monday 19:00 - 20:00 HH Thursday 18:45 - 19:45 HH AND 1 or 2 sessions at QP: Saturday 07:30 - 08:30 QP Sunday 16:00 - 17:00 QP	Tuesday 05:00 - 07:30* Tuesday 20:00 - 21:30 Thursday 05:00 - 07:30* Friday 05:00 - 07:30* Sunday 18:30 - 20:00 * Masters swimmers only - Swimmers are free to arrive and leave at a time that suits them best however this must be agreed with the Head Coach in advance.
All training times are inclusive of pre and post pool requirements.				

Please do your best to arrive on time and ready to begin.