



Squad Timetable from Monday 21st August 2023 (Updated July 2023)

Squad		LTAD		Monday	Tuesday	Wednesday	Thursday	Friday - Club Night - ALL Squads Time Trial every 6 weeks	Saturday Venue Peponi / Kasarani* as advertised.	
Lead Coach		Notes								
 <h1 style="display: inline; margin: 0 20px;">Poseidon Swimming Club</h1> 										
WEST Stage 7	International Squad	International		<i>This is a High Performance Squad - Minimum Requirement 6 sessions per week - Time Trials and Test Set monitor progress, please attend these important sessions.</i>						
	Performance Director	Training to Win	AM Sessions	(No sessions after Competition PM)						7:00-9:00am (2) <i>(No sessions during Competition)</i>
	Max in Squad: 10	International Squad members are encouraged to train at school MAX 2 weekday mornings (if available).	PM Sessions	5:00-6:30pm (1.5) Test Set Session	5:00 - 5:30pm Land 5:30-6:30pm (2)	5:00-6:30pm (1.5)	5:00-6:30pm (1.5)	4:30 - 5:00pm Land 5:00-6:00pm (1) Time Trial every 6 weeks.		
WEST Stage 6	National Squad	National		<i>National Squad is a Competitive Performance Squad - Minimum Requirement 5 sessions per week - Time Trials and Test Set monitor progress, please attend these important sessions.</i>						
	Assistant Coach	Training to Compete	AM Sessions							7:00-9:00am (2) <i>(No sessions during Competition)</i>
	Max in Squad: 16	National Squad members are encouraged to train at school 1 weekday morning (if available).	PM Sessions		5:00-5:45pm 5:45-6:30pm Land (1.55) Test Set Session	5:00-6:30pm (1.5)	5:00-6:30pm (1.5)	4:30-5:15pm 5:15-6:00pm Land (1.5) Time Trial every 6 weeks.		
WEST Stage 5	County Squad	County		<i>Minimum Requirement in County Squad is 3 - 4 lessons per week, if focus is performance - Time Trials and Test Set monitor progress, please attend these important sessions.</i>						
	Assistant Coach	Training to Train	AM Sessions							8:00-9:00am (1) <i>(No sessions during Competition)</i>
	Max in Squad: (16 - 32)	Late Squad will be introduced when early squad is FULL	PM Sessions		5:00-6:00pm (1) Early 6:00-7:00pm (1) Late	5:00-6:00pm Land (1) Early and Late Together	5:00-6:00pm (1) Early 6:00-7:00pm (1) Late Test Set Session	4:30-5:30pm (1) Early 5:30-6:30pm (1) Late Time Trial every 6 weeks.		

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*Saturday Mornings at Kasarani - Extra Charge 1,500kes payable to John Wroe - 0726999895 - Payable BEFORE the session starts.

Term Dates 2023 - 2024		
Term	Start Date	Finish Date
Term 1	21st August 23	31st December 22
Term 2	1st January 24	31st March 24
Term 3	1st April 24	21st July 24

NOTE: Fees are based on the trimester dates as outlined, not on the sessions available nor the session you did or did not attend.