



Squad Timetable from Monday 26th August 2024

	Squad	LTAD		Monday	Tuesday	Wednesday	Thursday	Friday - Club Night - ALL Squads Time Trial every 6 weeks	
	Lead Coach	Notes							
				Poseidon Swimming Club					
WEST Stage 7	International Squad	International		This is a High Performance Squad - Minimum Requirement 6 sessions per week - Time Trials and Test Set monitor progress, please attend these important sessions.					
	Performance Director	Training to Win	AM Sessions						
	Max in Squad: 10	International Squad members are encouraged to train at school MAX 2 weekday mornings (if available).	PM Sessions	(No sessions after Competition PM) 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		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.					
	Assistant Coach	Training to Compete	AM Sessions						
	Max in Squad: 16	National Squad members are encouraged to train at school 1 weekday morning (if available).	PM Sessions	5:00-6:30pm (1.5) Test Set Session	5:00-5:45pm 5:45-6:30pm Land (1.5)	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		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.					
	Assistant Coach	Training to Train	AM Sessions						
	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 (1) Early 6:00-7:00pm (1) Late	5:00-6:00pm (1) Early 6:00-7:00pm (1) Late	5:00-6:00pm (1) Early 6:00-7:00pm (1) Late	4:30-5:30pm (1) Early 5:30-6:30pm (1) Late Time Trial every 6 weeks.	

WROE ELITE SWIM TRAINING LIMITED : www.west.co.ke / www.poseidonswim.club / www.tiffanys-swim.school

*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	26th August 24	31st December 24
Term 2	1st January 25	31st March 25
Term 3	1st April 25	26th July 25

NOTE: Fees are based on the trimester dates as outlined, not on the sessions available not the sessions you did or did not attend.