

Seniors Squad

Lead Coach – Igor Polianski

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE	Epsom	Epsom		Epsom		Epsom
SWIMMING TIMES	5.30-7.00am	5.30-7.00am		5.30-7.00am		6.00-7.30am
AFTERNOON						
VENUE	Epsom	Newmarket	Epsom	Newmarket	Newmarket	
DRY LAND TIMES	5.00-5:45pm^	5.00-6.00pm		5.00-6.00pm	5.00-5.45pm	
SWIMMING TIMES	6.00-7.30pm	6.15-8.00pm*	5.15 -7.00pm	6.15-8.00pm*	6.00-7.30pm	

- Swimmers in this squad are expected to regularly attend at least 7 pool sessions per week and may swim up to 8 sessions.
- *Swimmers will swim either Tuesday evening or Thursday evening session as determined by the coach. Please do not attend the session that you are not assigned to. The Tuesday session will have separate freestyle and fly lanes and the Thursday session will have separate backstroke and breaststroke lanes.
- ^Starts 23rd May in Old Rimu Gym

Gold Squad

Lead Coach – Jamie Isemonger

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE			Epsom		Epsom	Newmarket
DRY LAND TIMES						7.00-7.30am
SWIMMING TIMES			5.30-7.00am		5.30-7.00am	5.30 -7.00am
AFTERNOON						
VENUE	Epsom	Epsom	Newmarket	Epsom		
DRYLAND TIMES			5.45-6.15pm	5.00-5.45pm^		
SWIMMING TIMES	4.30-6.00pm	5.30 -7.00pm	6.30-8.00pm	6.00-7.30pm		

- Swimmers in this squad are expected to regularly attend at least 6 pool sessions per week and may swim all 7 sessions. Swimmers are expected to attend dryland trainings as well.
- Swimmers progressing to Seniors will be invited to Senior squad sessions on an individual basis as determined by coaches.
- ^ Thursday dryland will commence 26 May.

Silver Squad

Lead Coach – Max Polianski

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE					Epsom	Epsom
SWIMMING TIMES					5.30-7.00am*	7.30 – 9.00am
AFTERNOON						
VENUE	Newmarket	Epsom	Epsom	Swimtastic	Epsom	
DRYLAND TIMES	5.30-6.15pm^	5.30-6.15pm		6.00-6.30pm(O)		
SWIMMING TIMES	6.30-8.00pm	4.30 -5.30pm	3.45-5.15pm	6.45-8.00pm	3.45-5.15pm	

- Swimmers in this squad are expected to regularly attend at 5 or 6 pool sessions per week.
- Tuesday Dryland will be a gym session at EGGS
- * Friday morning session (available to silver by invitation from coach only)
- ^ Starts 23 May

Bronze Squad

Lead Coach – Marco Smeets (Monday and Saturday sessions are with Max Polianski)

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE						Epsom
SWIMMING TIMES						7.30-9.00am
AFTERNOON						
VENUE	Epsom	Epsom	Epsom	Epsom	Epsom	
DRYLAND TIMES		5.30-6.15pm				
SWIMMING TIMES	4.30-6.00pm	4.30 -5.30pm	3.45-5.15pm	4.45-6.00pm	3.45-5.15pm	

- Swimmers in this squad are expected to regularly attend at 5 pool sessions per week.
- Tuesday Dryland will be a gym session at EGGS

Juniors Squad

Lead Coach – Marco Smeets (Monday afternoon session is with Emily Whitehead)

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE	Epsom			Epsom		Epsom (O)
SWIMMING TIMES	7.00-8.00am			7.00-8.00am		7.30-9.00am
AFTERNOON						
VENUE	Epsom (O)	Epsom (O)			Epsom (O)	
SWIMMING TIMES	4.30-6.00pm	5.30-7.00			5.15 -6.45pm	

- Swimmers in this squad are expected to regularly attend 4 or 5 sessions per week, charges according to planned number per week.
- To optimise swimmer number and lane space the number and day/time of sessions must be nominated in advance for each term. The choice of the specific training days is subject to availability on preferred days.
- Sessions will be at the EGGS indoor pool, except those sessions marked as “Epsom (O)” and these will be in the heated outdoor pool at EGGS.

Senior Development and Training (SDT) Squad

Lead Coach - Jamie Isemonger

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE	Epsom	Epsom			Epsom	Newmarket
SWIMMING TIMES	7.00-8.00am	7.00-8.00am			7.00-8.00am	5.30-7.00am*
AFTERNOON						
VENUE		Epsom		Epsom		
SWIMMING TIMES		4.30 -5.30pm		4.45-6.00pm		

- Swimmers in this squad can swim 1- 6 sessions per week with a minimum of 3 sessions per week if swimming competitively. Charges are according to planned number of sessions per week.
- To optimise swimmer number and lane space the number and day/time of sessions must be nominated in advance for each term. The choice of the specific training days is subject to availability on preferred days.
- * is available by coach invitation only

Junior Development and Training (JDT) Squad

Lead Coach – Max Polianski (Tuesday afternoon session is with Emily Whitehead)

Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE		Epsom		Epsom	Epsom	Epsom (O)*
SWIMMING TIMES		7.00-8.00am		7.00-8.00am	7.00-8.00am	7.30 -9.00am
AFTERNOON						
VENUE		Epsom (O)				
SWIMMING TIMES		5.30 -7.00pm				

- Swimmers in this squad can swim 1- 5 sessions per week, with a minimum of 3 sessions per week if swimming competitively. Charges are according to planned number of sessions per week.
- To optimise swimmer number and lane space the number and day/time of sessions must be nominated in advance for each term. The choice of the specific training days is subject to availability on preferred days.
- Sessions will be at the EGGs indoor pool, except those sessions marked as “Epsom (O)” and these will be in the heated outdoor pool at EGGs.