

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 | | 5.00-6.00pm | | 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.

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.

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)

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.