New Movements Start From Monday 10th July 2017

Training Days	Training Days	Training Days	Training Days	Training Days	Training Days	Training Days
6-8am Monday	6-8am Monday					
8-9pm Monday	8-9pm Monday	8-9pm Monday	8-9pm Monday	Monday 7.30-8.30pm(Tar)	Monday 7.30-8.30pm(Tar)	
6-8am Tuesday(Invitation Only)	6-8am Tuesday(Invitation Only)					
6-8pm Tuesday	6-8pm Tuesday	6-8pm Tuesday	6-8pm Tuesday	6-8pm Tuesday	8-9pm Tuesday	8-9pm Tuesday
6-8am Wednesday(Invitation Only)	6-8am Wednesday(Invitation Only)					
6-8pm Wednesday(Tar)	6-8pm Wednesday(Tar)	6-8pm Wednesday(Tar)	6-8pm Wednesday(Tar)	8-9pm Wednesday (Tar)	8-9pm Wednesday (Tar)	8-9pm Wednesday
		6-8am Thursday(Invitation Only)				
9-10pm Thursday	9-10pm Thursday	6-7.30pm Thursday (Tar)	6-7.30pm Thursday (Tar)	6-7.30pm Thursday (Tar)	6-7.30pm Thursday (Tar)	7.30-8.30pm Thursday (Tar)
3.30-5.30pm Saturday	3.30-5.30pm Saturday	3.30-5.30pm Saturday	5.30-6.30pm Saturday	5.30-6.30pm Saturday		
9am-10am Saturdays Land Training	9am-10am Saturdays Land Training					
5.45-6.15pm Saturday(Bike Land training)	5.45-6.15pm Saturday(Bike Land training)	5.45-6.15pm Saturday(Bike Land training)				
8-10am Sunday	8-10am Sunday					
4-6pm Sunday	4-6pm Sunday	4-6pm Sunday	4-6pm Sunday	3-4pm Sunday	3-4pm Sunday	3-4pm Sunday
Total Number of Hours 18/14	Total Number of Hours 18/14	Total Number of Hours 12.5/10.5	Total Number of Hours 9.5	Total Number of Hours 7.5	Total Number of Hours 5.5	Total Number of Hours 4

	Green Level 7	Com		Green Level 6	Com		Green Level 5	200m IM		Green Level 4	200m IM		Green Level 3	200m IM		Green Level 2	100m IM		Green Level 1	100m IM
				No Micro			Must be Micro 12			Must be Micro 11			10-12 year olds			9-11 year olds			8-10 year olds	
1	Mason Barnsley-Fowler(2001)	6	1	James Handford(2004)	11	1	Robert Littler(2006)	2:50.22	1	Heidi Hailwood(2006)	2:59.01	1	Harriette Cooper(2007)	3:17.34	1	Gabrielle Bane(2007)	1:39.97	1	Molly Townshend(2008)	1:58.30
2	Lucy Handford(2001)	7	2	Tom Arkwright(2005)	2:34.50	2	Joseph Cairns(2005)	2:52.90	2	Mia Ascroft(2005)	3:01.97	2	Georgia Brockbank(2006)	3:18.03	2	Lily Schofield(2007)	1:41.51	2	Julia Cizynska(2008)	2:02.34
3	Bradley Astles(2001)	8	3	Rosie Linley(2005)	2:38.54	3	Olivia Miller(2005)	2:53.71	3	Rachel Baldwin(2005)	3:03.45	3	Leo Taylor(2006)	3:22.61	3	Megan Doherty(2007)	1:43.43	3	Richard Balwin(2008)	2:07.54
4	Morgan Gaskell-French(2000)	12	4	Max Delaney(2005)	2:43.75	4	Megan Smith(2005)	2:54.50	4	Hannah Morris(2007)	3:09.51	4	Ella Blundell(2006)	3:23.92	4	Harrison Linley(2007)	1:44.67	4	Harry Butler(BR Foot L)(2008)	2:08.14
5	Elissa Gornall(2000)	15	5	Bradley Snaylam(2005)	2:46.63	5	Nicholas Bracegirdle(2006)	2:56.67	5	Reuben Kay(2007)	3:10.28	5	George Lee(2006)	3:26.86	5	Assunta Russo(2008)	1:45.17	5	Harry Wright(2008)	2:08.62
			6	Jasmine Bracegirdle(2005)	2:48.44	6	Amelie Elliott(2006)	2:57.25	6	Danielle Brady-Munro(2006)	3:11.94	6	Megan Wheatman(2006)	3:29.21	6	Caitlin Wolstenholme(Goggles)(	1:45.86	6	Rhys Pownall(1 hand BR)(2009)	2:09.62
6	Kyle McKenna(2002)	7				7	Rebecca Ward(2005)	2:58.92	7	Olivia Robinson(B/C Turn)(2006	3:13.82	7	Harry Ferson(2007)	1:36.11	7	Emily Wade(2008)	1:51.42	7	Archie Dardy(2008)	2:10.13
7	Anna Dutton(2002)	9				8	Jack Hepplestone(2006)	3:00.12	8	Abbie Myers(2006)	3:16.16	8	Daniel Martin(2007)	1:36.62	8	Joshua Keogh(BR 1 Hand)(2008	1:53.27	8	Oscar Arkwight(BR Arms, 1 Han	2:25.29
8	Ella Snaylam(2002)	9													9	Samual Hyland(2008)	1:57.71	9	Seth Gregson(B/C-B R Turn F/C	2:29.76
9	Ben Porter(2002)	12													10	Tom Cooper(2008)	1:57.75	10	Megan Ramsay (2009)	2:35.16
10	Pia Murray(2002)																			
								400m F/C			400m F/C									
							Tom Arkwright(2005)	4:49.38		Jack Porter(2004)	5:15.64									
							Rosie Linley(2005)	5:02.64		Hollie Cubbon(2004)	5:23.82									
							Bradley Snaylam(2005)	5:02.71												
							Max Delaney(2005)	5:05.06												
							Jasmine Bracegirdle(2005)	5:16.22												
							Jasmine James(2003)	5:24.13												
							Olivia Miller(2005)	5:28.37												
							Joseph Cairns(2005)	5:34.24												
							Rebecca Ward(2005)	5:47.82												

Red Time, Last Time Trial
Blue Time, First Time Trial
Chief Coach Time Trial

PB — **Well Done Heidi Hailwood 13.37 PB**
DQ Turns — **Most Improved 400m/200m IM Time (Green)**
DQ Strokes

Only One Group move per time trial,

Red Time, Last Time Trial
Blue Time, First Time Trial
Chief Coach Time Trial

PB — **Well Done Emily Wade 12.97 PB**
DQ Turns — **Most Improved 100m IM Time (Green)**
DQ Strokes

Only One Group move per time trial,

Green Level 7, 6, 5 & 4 Please Additional Notes :

Swimmers must have discipline to train, perform and mentor the younger swimmers
Swimmers must be able to maintain technique, strength and flexibility
Swimmers must be at a level to do test set and achieve the work required and not have incomplete sessions on a regular basis
Swimmers must be attending morning training
Green Level 7, 6 & 5 in morning training if a swimmer is asked to leave the session,
you will receive a text message and your swimmer will need to be collected from the balcony

Selection Criteria Notes

Time Trials must not be missed unless on medical grounds.
Swimmers can moved between Green, White and Blue groups dependant upon the needs fo the club and availability of place within groups.
The criteria for movement is based on age, time trial, attendance and commitment to team matches.
Younger swimmers mau be given priority over older swimmers for palces within groups.
If a swimmer is selected to swim for a Team, it will be assumed that you are available to swim ALL the matches for that team,
inc, Micro, Arena or Senior matches A or B Team.
If a swimmer is unable to meet team commitments, please discuss this with yout lead coach who will be able to identify a more suitable group.

Green Please Note :

Swimmers must be working towards North Lanc's, County, Regional & National level competition and enter these events
The group must work for each other and work together well (Traffic Light System)
Swimmers will not move between groups if they have a stroke DQ

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