

Leeds Synchronised Swimming Training Scheme Calendar July-Dec 2015

Wks from NAGS	Date	Venue	Training	Also happening/ further info
19	Sat 18 th July	Kippax	As Normal	
19	Sun 19 th July	JCCS	As Normal	Last Beacon session (plus one to ones for Beacon)
18	Thurs 23 rd July	JCCS	No AM session	Sarah at England camp Tue-Fri
18	Fri 24 th July	JCCS	5pm-6.30pm for all groups	Nick Manning S&C coach coaching (Sarah travelling back)
18	Sat 25 th July	Kippax	As Normal	
18	Sun 26 th July	JCCS	As Normal	
17	Thurs 30 th July	JCCS	No AM session	Sarah at England camp Tue-Fri
17	Friday 31 st July	JCCS	5pm-6.30pm for all groups	Nick Manning S&C coach in (Sarah travelling back)
17	Sat 1 st Aug	Kippax	As Normal	
17	Sun 2 nd Aug	JCCS	As Normal	
16	Mon 3 rd Aug	No session	Training Scheme Break starts	(Sarah Coaching in Italy- Mediterranean Cup)
15	Mon 17 th Aug	JCCS	Training Scheme restarts (staggered start) NO AM session 8pm-9.30pm only	(Sarah on AL)
15	Tue 18 th Aug	JCCS & Kippax	Training as Normal Kippax Training 8pm-9.30pm only JCCS	(Sarah on AL)
15	Wed 19 th Aug	JCCS	Training as Normal	(Sarah on AL)
15	Thu 20 th Aug	JCCS	NO training	(Sarah on AL)
15	Fri 21 st Aug	JCCS	5pm-6.30pm both groups	Nick Manning S&C coach (Sarah on AL)
15	Sat 22 nd Aug	Kippax	No AM session	

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			12&U competitive 12pm-3pm 13/14 competitive 12pm-3pm Junior competitive 12pm-4pm 12&U and 13-19 combo 2pm-4pm	
15	Sun 23 rd Aug	JCCS	As Normal	1 st Masters synchro session 12-1pm + Yorkshire Development Camp 9am-2pm
14	Mon 24 th Aug	JCCS	As normal plus camp	National Solo & Duet camp £15pp 7.30am-1pm (see camp letter for info)
14	Tue 25 th Aug	JCCS/ Kippax	As normal	
14	Wed 26 th Aug	JCCS	As Normal	
14	Thu 27 th Aug	JCCS	As Normal plus camp	Skill 3/ 12& U figure clinic 7.30am-9am £5pp (see camp letter for info)
14	Fri 28 th Aug	JCCS	As Normal	
14	Sat 29 th Aug	JCCS	As Normal	
14	Sun 30 th Aug	Kippax	As Normal	2 nd Masters synchro session 12-1pm
13	Mon 31 st Aug	JCCS	POOL CLOSED	No training
13	Tue 1 st Sept	JCCS	As Normal plus camp day 10am-4pm	13/14 Competitive Team camp plus skills/figures camp open to all swimmers £20 for day
13	Wed 2 nd Sept	JCCS	As Normal	
13	Thu 3 rd Sept	JCCS	As Normal	
13	Fri 4 th Sept	JCCS	As Normal plus camp 10am-4pm	12&U competitive team routine comp plus skills/ figures camp open to all swimmers £20 for day
13	Sat 5 th Sept	Kippax	All training resumes as normal	
13	Sun 6 th Sept	JCCS	As Normal	Bag Pack
12	Sat 12 th Sept	Kippax	As Normal	Manchester Skills Day
12	Sun 13 th Sept	JCCS	As Normal	3 rd Masters session 12-1pm

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11	Sat 19 th Sept	Kippax	As Normal	England Trials
11	Sun 20 th Sept	JCCS	10am-1pm Development Competition (see letter for details) plus normal training PM	England Trials & Training Scheme Development competition 10am-1pm
10	Sat 26 th Sept	No training	No Training	Multi-Regionals competition Sheffield
10	Sun 27 th Sept	JCCS	As Normal	4 th Masters session 12-1pm North East Novice Development 9am-2pm
9	Sat 3 rd Oct	Kippax	As Normal	
9	Sun 4 th Oct	No Training	No Training	Yorkshires competition Spenborough
8	Sat 10 th Oct	Kippax	As Normal	
8	Sun 11 th Oct	JCCS	As Normal	5 th Masters session 12-1pm & Yorkshire Development 9am-2pm
7	Sat 17 th Oct	Kippax	As Normal	
7	Sun 18 th Oct	Knottingly	Knottingly 2pm-5pm	Skill Date AM Knottingly 9am-2pm
6	Sat 24 th Oct	No Training	No Training	SCOTTISH NATIONALS
6	Sun 25 th Oct	No Training	No Training	SCOTTISH NATIONALS
6	Half Term	JCCS	Camp days	Provisional dates Wed 28th Oct and Fri 30th Oct (10-4)
6	Wed 28 th Oct	JCCS	Camp Day (no fee)	E-Squad plus all National comp squads
6	Thurs 29 th Oct	JCCS	Camp Day (no fee except Masters)	12&U & 13-19 combo plus all National comp squads
6	Fri 30 th Oct	JCCS	Camp Day (no fee except Masters)	12&U & 13-19 combo plus all National comp squads
5	Sat 31 st Oct	Kippax	As Normal	
5	Sun 1 st Nov	JCCS	As Normal	North East Development Camp 9am-2pm + 6 th Masters 12-1
4	Sat 7 th Nov	Kippax	As Normal	

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4	Sun 8 th Nov	JCCS	As Normal	North East Development Camp 9am-2pm 7 th Masters session 12-1pm
3	Sat 14 th Nov	Kippax	No AM session 12pm-4pm only	Sweden Open Age Groups
3	Sun 15 th Nov	Knottingly	1pm-4pm	Sweden Open Age Groups
2	Sat 21 st Nov	JCCS	10am-4pm Times TBC	10am-4pm Times TBC
2	Sun 22 nd Nov	JCCS	As Normal	North East Development Camp 9am-1pm
1	Sat 28 th Nov	Kippax	As Normal	
1	Sun 29 th Nov	JCCS	As Normal	8 th Masters session 12-1pm
0	Fri 4 th Dec- Sun 6 th	No training	No Training	NATIONAL AGE GROUPS
	Sat 12 th Dec	Kippax	As Normal	England Talent Trials
	Sun 13 th Dec	JCCS	As Normal	England Talent Trials
	Sat 19 th Dec	Kippax	Xmas Show	Xmas show and last session before Xmas Break
	20 th Dec- 1 st Jan		Xmas Break	Xmas Break
	Sun 3 rd Jan	JCCS	Training Re-starts	Training Re-starts