New Movements Start from Monday 9th July 2017

Regional Level

Training Days

6.15am-7.15am Mondays Land Training
6-8pm Monday(Pen)
6-8am Tuesday
6-8pm Tuesday
6-8am Wednesday
8-9pm Wednesday
6-8am Thursday
9-10pm Thursday

5-6.30pm Saturday

4-6pm Sunday

Total Number of Hours 15.5

Green Level 7

	Youth Program	Com
1	Kyle McKenna(2002)	7
2	Ben Porter(2002)	10
3	Mason Barnsley-Fowler(2001)	10
4	Ella Snaylam(2002)	14
5	Lucy Handford(2001)	16
6	Anna Dutton(2002)	18
7	Ellie Cameron(2001)	19
8	Pia Murray(2002)	29

Regional Level

Training Days

6.15am-7.15am Mondays Land Training
6-8pm Monday(Pen)
6-8am Tuesday
6-8pm Tuesday
6-8am Wednesday
8-9pm Wednesday
6-8am Thursday
9-10pm Thursday

5-6.30pm Saturday

4-6pm Sunday

Total Number of Hours 15.5

Green Level 6

	Age Group Program	Com
1	James Handford(2004)	3
2	Max Delaney(2005)	7
3	Tom Arkwright(2005)	8
4	Bradley Snaylam(2005)	12
5	Oliver Pearce(2003)	15
6	Rosie Linley(2005)	18
7	Rebecca Ward(2005)	5:42.61
8		

	400m F/C
Rebecca Ward(2005)	5:12.35

Regional Level

Training Days

6-8am Monday
8-9pm Monday
6-8pm Tuesday
8-9pm Wednesday
9-10pm Thursday

5-6.30pm Saturday
8-10am Sunday
4-6pm Sunday

Total Number of Hours 12.5

Green Level 5

	No Micro	400m IM
1	Robert Littler(2006)	5:49.04
2	Jack Hepplestone(2006)	5:54.25
3	Amelie Elliott(2006)	6:00.04
4	Abbie Myers(2006)	2:49.48
5	Heidi Hailwood(2006)	2:51.30
6		
7		
8		

	400m F/C
Robert Littler(2006)	5:18.71
Jack Hepplestone(2006)	5:20.15
Amelie Elliott(2006)	5:43.61

County Level

Training Days

8-9pm Monday
6-8pm Tuesday
8-9pm Wednesday (Tar)
6-7.30pm Thursday (Tar) 2007 swimmers
9-10pm Thursday 2006 swimmers
3.30-5pm Saturday
8-10am Sunday(Invitation ONLY)
4-6pm Sunday

Total Number of Hours 11 or 9

Green Level 4

	12-13 year olds	200m IM
1	Hannah Morris(2007)	2:54.98
2	Danielle Brady(2006)	2:58.04
3	Ella Blundell(2006)	2:58.59
4	Olivia Robinson(2006)	2:59.85
5	Georgia Brockbank(2006)	3:03.38
6	Megan Wheatman(2006)	3:03.75
7	Harriette Cooper(2007)	3:04.96
8	Reuben Kay(2007)	3:08.48

County Level

Training Days

8-9pm Monday
8-9pm Tuesday
8-9pm Wednesday (Tar)
6-7.30pm Thursday (Tar)
3.30-5pm Saturday
3-4pm Sunday

Total Number of Hours 7

Green Level 3

	11-12 year olds	200m IM
1	Harry Ferson(2007)	3:21.29
2	Caleb Winston(2007)	3:24.95
3	Megan Doherty(2007)	3:26.47
4	Olivia Simpson(2007)	3:27.45
5	Joshua Keogh(2008)	1:34.56
6	Archie Dandy(2008)	1:35.73
7	Lily Schofield(2007)	1:36.60
8	Gabrielle Bane(2007)	1:39.02

North Lanc's Level 2

Training Days

Monday 7.30-8.30pm(Tar)
8-9pm Tuesday
7-8pm Wednesday(Tar)
6-7.30pm Thursday (Tar)
3-4pm Sunday

Total Number of Hours 5.5

Green Level 2

	9-11 year olds	100m IM
1	Emily Wade(2008)	1:38.56
2	Caitlin Wolstenholme(2008)	1:38.77
3	Assunta Russo(2008)	1:40.24
4	Richard Balwin(2008)	1:43.79
5	Rhys Pownall(2009)	1:45.28
6	Molly Tindall(2008)	1:47.99
7	Olivia Ballard(2008)	1:48.37
8	Oscar Arkwight(2009)	1:48.67
9	Harry Butler(2008)	1:48.69
10	Jemima Buglass(B/F finish BR fe	1:52.98
	Seth Gregson(2009)	1:57.35
	Julia Cizynska(2008)	1:59.36

North Lanc's Level 2

Training Days

7-8pm Wednesday(Tar)
7.30-8.30pm Thursday (Tar)
3-4pm Sunday

Total Number of Hours 4

Green Level 1

	8-10 year olds	100m IM
1	Charotte Middleton(2009)	2:02.54
2	Tom Jepson(2009)	2:02.56
3	Natalia Lawton-Jimenez(2009)	2:04.20
4	George Brady(2009)	2:05.04
5	Megan Ramsay (2009)	2:06.54
6	Abigail Simpson(2009)	2:06.98
7	Megan Ellis(BR 1 hand touch)(20	2:07.26
8	Leah Rasburn(2009)	2:08.99
9	Maiya Taylor(2010)	2:20.00
10	Finlay Wharburton(B/C-BR Turn	2:21.35
	Elizabeth Adam(2010)	2:22.36
	Yasmin Elliott(2010)	2:23.36

60 60

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

PB
DQ Turns
DQ Strokes

Well Done Abbie Myers 21.15 PB
Most Improved 400m/200m IM Time (Green)

Only One Group move per time trial,

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

PB
DQ Turns
DQ Strokes

Well Done Assunta Russo 13.41 PB
Most Improved 100m IM Time (Green)

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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