

PAYNEHAM SWIMMING CLUB

Winter 2024 Training Schedule

All swimming training sessions are to be held at Saints Boys College

Address: 55 Hackney Rd, St Peters SA 5069



SQUADS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yellow	5.45pm – 7.00pm	----	4.45pm – 6.00pm	----	4.45pm – 6.00pm	8.00am – 9.30.30am
Blue	5.45pm – 7.00pm	----	4.45pm – 6.00pm	----	4.45pm – 6.00pm	8.00am – 9.30am
Bronze	6.30pm – 8.30pm	5.30pm – 7.30pm	5.30pm – 7.30pm	5.30am – 6.30am @ Studio 6 *Coach selection ONLY	5.30pm – 7.30pm	8.00am – 10.30am
				4.45pm – 7.00pm *Coach Selection ONLY		
Silver	6.30pm – 8.30pm	5.30pm – 7.30pm	5.30pm – 7.30pm	5.30am – 6.30am @ Studio 6 *Coach selection ONLY	5.30pm – 7.30pm	8.00am – 10.30am
				4.45pm – 7.00pm *Coach Selection ONLY		
Gold	6.30pm – 8.30pm	5.30pm – 7.30pm	5.30pm – 7.30pm	5.30am – 6.30am @ Studio 6 *Compulsory for Gold Squad	5.30pm – 7.30pm	8.00am – 10.30am
				4.45 – 7.00pm *Compulsory for Gold Squad		
National	5.30am – 7.00am *Compulsory for National Squad	5.30am – 7.00am *Compulsory for National Squad	5.30am – 7.00am *Compulsory for National Squad	5.30 am – 6.30am @ Studio 6 *Compulsory for National Squad	5.30pm – 7.30pm	8.00am – 10.30am
	6.30pm – 8.30pm	5.30pm – 7.30pm	5.30pm – 7.30pm	4.15pm – 6.00pm *Compulsory for National Squad		

RECOMMENDED TRAINING SESSIONS:

Please note below the recommended number of training sessions for each squad:

Yellow = 1 – 3 times per week

Blue = 2 – 4 times per week

Bronze = 3 – 4 times per week (inc. gym session)

Silver = 4 – 6 times per week (inc. gym session)

Gold = 5 – 7 times per week (inc. gym session)

National = 8 times per week (inc. gym session)

Regular training not only is essential for progress and development but allows the swimmer to become a valued member of the club and create long-lasting friendships with the other members.

*COMPULSORY TRAININGS / COACH RECOMMENDATION:

Please note in training schedule the compulsory training sessions for Silver/Gold Squads. Attendance to these sessions is required and important to the growth and development of their swimming skills and strength in and out of the water.

To be recommended for these swimming sessions / gym sessions, swimmers need to show me they are driven, committed and willing to work hard towards state / national qualifying times. Swimmers cannot attend these coach recommendation sessions without confirmation with me and cannot be used for catch-up sessions.

Swimmers may be asked to attend Thursday night sessions for a **once off if I believe that they will benefit from that particular session and the focus for that training. I will give as much notice as possible.*

Please don't hesitate to contact me (Emily) if you have any further questions or concerns at coach@paynehamsc.com.au