

Cupar and District Swimming Club

Changes to Training Times

I am writing to inform you of changes to the training schedules that the Club will be implementing on 1st February 2011. There have been a number of reasons for reviewing the training times but the most pressing has been to increase the swimming time available to all swimmers and to ensure that we fully utilise every lane.

Representatives from the Club had a meeting with representatives from Fife Swim Group who are looking for a more structured training programme across Fife and are co-ordinating the times available from the Trust. The general feeling was that if a squad was not fully utilising the pool then it could share the time with another club thus freeing one of the pools to the public. However, it was also accepted that we are not offering our swimmers the hours of training required and we should firstly utilise the hours currently available to us.

I accept that due to other commitments, swimmers may not be able to attend the sessions allocated and the Club will be flexible in allowing swimmers to swim with another squad. We will try and keep the sessions challenging for all swimmers in all sessions. Please contact any of the coaches if you would like to discuss this further.

The numbers entering the Club on Saturday mornings is currently low. Therefore it is the intention to split the swimmers with some being moved to the Junior Squad and the remainder being offered the opportunity to swim at both the Thursday (swimming and land training) and Saturday sessions with no increase in the fees. If the numbers pick up in the future then the squad will revert back to Stage 1 on a Saturday and Stage 2 on a Thursday (swimming and land training). Further communication will be given to the Saturday swimmers over the next few weeks.

Day	Session Time	Current Squad At March 2010	Proposed Squad At March 2011
Tuesday	18.30 – 19.30	D	D/I
	19.30 – 20.30	D	D/I
Wednesday	20.30 – 22.00	-	D
Thursday	18.00 – 19.00	J	Sat 2
	19.00 – 20.00	I	J
	20.00 – 22.00	D	D/I
Friday	16.00 – 17.15	D/I	D/I
	17.15 – 18.30	J	J
Saturday	8.00 – 9.00	Sat 1	Sat 1
	9.00 – 10.00	Sat 2	J

NB: Land training is for 30 minutes prior to the training times on Thursday.

Total	Development	Current	Future
	Improvers	5hrs 15mins	7hrs 15mins
	Juniors	2hrs 15mins	5hrs 45mins
	Saturday 2	2hrs 15mins	3hrs 45mins
	Saturday 1	1hr	1hr
		1hr	1hr

Karen Whitehall
President