



# *Durham City*



AMATEUR SWIMMING AND WATER POLO CLUB

## Summer Programme 2011

The 2011 Summer Programme will begin on Saturday 23<sup>rd</sup> July 2011 and run until Sunday 4<sup>th</sup> September 2011 (inclusive). This programme is designed to give our members a slightly reduced training regime during the summer period when we appreciate many will be away on family holidays but also keeps a number of core sessions running to ensure continuity of training. Therefore all training remains as normal subject to the following:

### Bronze 1&2, Silver & Gold Squads

During this period there will be no Saturday morning training.

### Potential & Club Squads

During this period there will be no Tuesday morning training but swimmers are invited to attend the Thursday morning sessions to ensure they continue their routine of attending an early morning session.

### Performance & Club Squads

During this period there will be no Friday morning training however the Wednesday morning session will remain on as normal.

### All Squads

The Sunday morning sessions will be run as "clinics" following the successful programme in 2010. These will be run from 9-10am for Performance, Intermediate, Potential and Club Squads, and from 10-11am for Gold, Silver and Bronze 1 & 2 Squads. The topics for the various clinics will be distributed shortly.

**There will be no training for any squads during the first week in August (Monday 1<sup>st</sup> – Sunday 7<sup>th</sup> inclusive) to allow all swimmers and coaches a well deserved break!**

Due to the Bank Holiday on Monday 29<sup>th</sup> August there will be no training for any squads on that day.

If anyone has any questions about the Summer Programme, please contact the Head Coach in the first instance (Dave Low - ner@dcasc.org.uk)



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