

ISIS Training & Competition Diary

Month	Week 1		Week 2		Week 3		Week 4		Week 5		Sessions
	Date	Session	Date	Session	Date	Session	Date	Session	Date	Session	
Aug-10	4th	no training	11th	No training	18th	no training	25th	no training	30th	no training	3
Sep-10	2nd	Age/Youth	9th	Dev	16th	Age/Youth	23rd	Tech		Age/Youth	4
Oct-10	6th	Oxford/invited champs	13th	Dev	20th	Age/Youth	27th	Oxford/invited champs			4
Nov-10	4th	Age/Youth	11th	Dev	18th	Age/Youth	25th	Possible Cardiff meet???			3
Dec-10	1st	Oxford Open	8th	Dev	15th	Age/Youth	22nd	no training			2
Jan-11	5th	no training	12th	Dev	19th	Age/Youth	26th	Tech	29th	Age/Youth	4
Mar-11	5th	Age/Youth	12th	Prov - Counties	19th	Age/Youth	26th	Tech			4
Apr-11	2nd	Age/Youth	9th	Dev	16th	Age/Youth	23rd	Tech	30th		2
May-11	7th	Age/Youth	14th	Dev	21st	Age/Youth	28th	Tech			4
Jun-11	4th	Age/Youth	11th	Dev	18th	Age/Youth	25th	Tech			2
Jul-11	2nd	Age/Youth	9th	Dev	1st	Age/Youth	23rd	Tech	30th		4
Aug-11		no training?		No training ?		no training?		no training?			
Sep-11	3rd	Age/Youth	10th	Dev	17th	Age/Youth	24th	Tech			
Oct-11	1st	Age/Youth	8th	Dev	15th	Age/Youth	22nd	Tech	29th		
Nov-11	5th	Age/Youth	12th	Dev	19th	Age/Youth	26th	Tech			
Dec-11	3rd	Age/Youth	10th	Dev	17th	Age/Youth	24th	Tech	31st		4

All training is Saturday 4pm to 6pm at Temple Cowley

Note

No date as yet for SE Regional Winter Regional's, believe will be mid/late November

No fixed dates yet for Counties Distance events, but will be Feb, prob weekend of 12th & 19th main event provisional date detailed in March

Dates will need to be updated when Winter Regional's & all County Championships dates are confirmed

Arena National League - 9th Oct & 13th Nov, so able to hold dev training, subject to coach availability, need date for 3rd round also

7th or 14th Nov potential 50m training camp at Crystal Palace - National & Regional qualifiers (based on 2010 times) plus 1st come 1st accepted - max 32 swimmers

Age/Youth means those automatic swimmers who qualify based on their times i.e. 2010 Regional times plus 5%, = The Main ISIS Squad.

Dev means those swimmers selected by their coaches who have the potential to reach the qualifying standard within the season

Tech sessions open to both Development swimmers & Main Squad members. Aim to improve technique, with specific sessions allocated as determined by coaching panel