

Millfield Swimming – Week 1 Training Schedule  
 Week Commencing 4<sup>th</sup> of September 2017

|           | Monday 4 <sup>th</sup>            | Tuesday 5 <sup>th</sup> | Wednesday 6 <sup>th</sup>                                     | Thursday 7 <sup>th</sup>                               | Friday 8 <sup>th</sup>  | Saturday 9 <sup>th</sup> |
|-----------|-----------------------------------|-------------------------|---|--|---|--------------------------|
| <b>AM</b> | No Training<br>Students Returning |                         |   | 0630 – 0730<br><b>DRYLAND TRAINING</b><br>(ALL Squads) | 0630 – 0730<br><b>DRYLAND TRAINING</b><br>(ALL Squads)                            |                          |
| <b>PM</b> | No Training<br>Students Returning |                         | <b>FULL TEAM MEETING</b><br>2PM<br>Science Lecture<br>Theatre |  | 13.00-13.45<br><b>SQUAD MEETINGS</b><br>All Athlete<br>Science Lecture<br>Theatre |                          |
|           |                                   |                         |   |  |   |                          |

Please note the following points:

- Student should prioritise any school inductions, house events etc during this first week.
- Attendance will be taken at all of the above. No sanctions will be imposed for missing any above. We would strongly recommend that all students wishing to be part of the squad attend the FULL TEAM MEETING on Wednesday.

New pupils,

- If you have any question or concern please feel free to email the swimming office [swimming@millfieldschool.com](mailto:swimming@millfieldschool.com)
- Please don't panic if you can't make a session – we understand that it is busy time and you will need to find your feet around school and within your house etc.