

Millfield Swimming – Week 1 Training Schedule
 Week Commencing 3rd of September 2018

	Monday 3 rd	Tuesday 4 th	Wednesday 5 th	Thursday 6 th	Friday 7 th	Saturday 8 th
AM	No Training Students Returning			0540 – 0750 SWIM TRAINING (ALL Squads)		0540 – 0750 SWIM TRAINING (ALL Squads)
PM	No Training Students Returning	1615-1800 SWIM/DRYLAND TRAINING (ALL Squads)	FULL TEAM MEETING 2PM Millfield Swimming Pool	1615-1800 SWIM/DRYLAND TRAINING (ALL Squads)	1615-1800 SWIM/DRYLAND TRAINING (ALL Squads)	

Please note these 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.
- We will be starting with the full squad structure in the second week.

New pupils,

- If you have any question or concern please feel free to email to email the swimming office 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.