



MILLFIELD

WHITE SQUAD 2018-2019

Lead Coach/Swimming Contact: TBC
 Athlete Point of Contact: William Howard (Mod Pent), Rufus Lewis(Triathlon)

Admin Point of Contact (Mod Pent): R.Lowndes-Northcott/T.Parris
 Admin Point of Contact (Triathlon): P.Guthrie

Information:

The White squad will consist of those students who purely focus on Triathlon & Modern Pentathlon. The swimming specialists within the squad may be required to attend Sharks sessions to fulfil Games commitments. The squad will be open to those in Year 10 – Upper 6th and will be reviewed twice annually by the Director of Swimming. Please only attend sessions allocated to your squad group. Changes to schedules of individuals will be subject to permission from the Director of Swimming.

Target Meets:

In discussion with coach and individual multi-sport plan.

Process Swim Meets:

Somerset Development Meet, Millfield/Taunton County Qualifiers, South West SC Champs, ESSA, National Biathlon championships, County Championships, South West Age & Youth Championships, Millfield/Taunton LC

Training Schedule:

	Mon	Tue	Wed	Thu	Fri	Sat
AM)		Swim 5.40-7.50 (Tri + Pentathlon) Mr Clarke		
PM						

Please arrive for morning swimming sessions by 5.40am to complete your pre-pool. If, for any reason, you need to miss a training session, please communicate this by email to your squad coach prior to the commencement of the session.

Any athlete failing to meet the minimum attendance requirements will be subject to review.

Please only attend sessions allocated to your squad group. Changes to schedules of individuals will be subject to permission from the Director of Swimming.

If you are ill, please do not attend practice until you have sign off from a doctor, as you are likely to infect others.