



Training Changes & Notifications **V2**

Dec 2025 – Jan 2026 (correct as of 28th November)

Christmas Training Times (Wed 24th Dec to Fri 2nd Jan)

Training for all squads will continue as normal until Tue 23rd December. Normal Training resumes on Thu 2nd January.

- Princes Risborough -** Your last session at PR is Monday 22nd December. Swimmers are invited to attend the Christmas Fun Night at WLC on Tuesday 23rd December 16:15-17:15 and Sat 27th December with Silver Academy 11:45-12:45. Any PR swimmers please discuss session attendance with Nicky for the Xmas timetable.
- Enable Squad –** Your last session before Christmas will be Wednesday 17th December. Enable sessions return on Wednesday 7th January. Patrick may arrange additional sessions (within other squads pool time) for some swimmers on an individual basis if deemed appropriate.
- Away Students -** You should have all agreed your sessions in advance with Kevin, Joe or Dave (and Swim Admin) – please do not just turn up to sessions without prior arrangement.
- Masters-** Training has been allocated on the majority of mornings/afternoons of the days where training would usually take place. If your session isn't on due to pool timetabling or pool closure, please request from Coach Dave the opportunity to swim on a different Masters session that week. Any Masters that would usually swim at a certain session i.e. a Monday evening and can't make the earlier/later start times, then please also let Dave know, so we can determine possible numbers over those sessions and therefore how much space we have for other Masters or Students. **Please can all Master's liaise with Dave around attendance.**
- RGS Academies** Training will continue as normal up to and including Saturday 20th December. Returning on Monday 5th, Wednesday 7th, Thursday 8th and Saturday 10th of January.

Head Coach - Kevin Brooks: headcoach@swimwycombe.com

Programme Manager and Lead Masters Coach - David Gee: david.gee@swimwycombe.com

**All training times and lane allocations are subject to change, particularly the lane allocations.
Coaches will change allocations based on needs on the day, if required to do so.**

DAY	TIME	SQUADS	LEAD COACH	POOL	LANE
Wednesday 24th Dec	09:00 – 12:00	Senior Performance Youth Performance	Kevin (& Joe last 2 hours)	Wycombe – Deep End	5 lanes
	09:00 – 10:00	Wed AM Masters	Joe	Wycombe – Deep End	3 lanes
	10:00 – 12:00	Senior Competitive	David	Wycombe – Deep End	3 lanes
	12:00 – 14:00	Age Group 1 Age Group 2 Age Group Development	Kieran David	Wycombe – Deep End	8 lanes
Thursday 25th Dec Friday 26th Dec	No Training – Happy Christmas!				
Saturday 27th Dec	09:00 – 10:00	Masters	Kieran	Wycombe – Deep end	8 lanes
	10:00 – 11:45	Senior Performance Youth Performance Age Group Performance	Kevin & Kieran	Wycombe – Deep end	8 lanes
	09:00 – 10:00	Saturday 06:45 Stroke Improvers	Monica & Abby	Wycombe – Community Pool	4 lanes
	10:00 – 11:00	Saturday 07:45 Stroke Improvers	Monica & Abby	Wycombe – Community Pool	4 lanes
	11:45 – 12:45	Platinum Academy Gold Academy Silver Academy Junior Development 1 & 2	Millie Fred Nicky Dave W	Wycombe – Deep end	8 lanes
	12:45 – 13:45	Potential 1 Potential 2 Potential 3	Sam D Jack R Jack Y	Wycombe – Deep end	8 lanes
	13:45 – 15:00	Senior Competitive Senior Age Group Away Students	Jack Y Jack R	Wycombe – Deep end	8 lanes

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Sunday 28th Dec	09:00 – 11:30	Senior Performance Youth Performance Age Group Performance	Kevin & Kieran	Wycombe – Deep end	8 lanes
	09:00 – 10:00	Sun 07:00 Stroke Improvers	Monica & Abby	Wycombe – Community Pool	4 lanes
	10:00 – 11:00	Sun 08:00 Stroke Improvers	Monica & Abby	Wycombe – Community Pool	4 lanes
	10:15 – 11:15	Land – AG1 & AG2	Gemma	Sports Hall	
	11:30 – 13:15	Age Group 1 Age Group 2 Age Group Development	Kieran Pippa	Wycombe – Deep end	8 lanes
	11:45 – 12:30	Land – All Performance	Gemma	Sports Hall	
	12:30 – 13:05	Land – All Competitive & Senior Age Group	Gemma	Studio 1 & 2	
	13:15 – 14:45	Senior Competitive Senior Age Group Away Students	Pippa Jack Y	Wycombe – Deep end	8 lanes
	14:45 – 16:00	Potential 1, 2 & 3	Sam D, Jack R & Jack Y	Wycombe – Deep end	8 lanes
	16:00 – 17:00	Senior Development Inter Development	Jack Y	Wycombe – Deep end	4 lanes
	16:00 – 17:00	Platinum Academy	Millie & Jack R	Wycombe – Deep end	4 lanes
Monday 29th Dec	09:00 – 11:30	Senior Performance Youth Performance Age Group Performance	Joe & Kieran	Wycombe – Deep end	8 lanes
	10:15 – 11:15	Land – All Competitive & Senior Age Group	Louise	Studio 3 & 4	
	11:30 – 13:30	Senior Competitive Senior Age Group Away Swimmers	Joe	Wycombe – Deep end	8 lanes
	11:30 – 12:30	Gym – SP & YP	Louise	Gym	Usual swimmers who go to gym
	12:30 – 13:15	Land – Age Group 1 & 2	Louise	Studio 1 & 2	
	13:30 – 15:30	Age Group 1 Age Group 2	Kieran Pippa	Wycombe – Deep end	8 lanes
	14:30 – 15:15	Land - Potential 1 & 2	Louise	Studio 1 & 2	
	15:30 – 17:00	Potential 1 Potential 2	Pippa Jack Y	Wycombe – Deep end	4 lanes
	15:30 – 17:00	Masters	Kieran	Wycombe – Deep end	4 lanes

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Tuesday 30st Dec	09:00 – 12:00	Senior Performance Youth Performance	Kevin	Wycombe – Deep end	5 lanes
	09:00 – 10:00	Masters	Joe	Wycombe – Deep end	3 lanes
	10:00 – 12:00	Age Group Performance	Joe	Wycombe – Deep end	3 lanes
	12:00 – 13:45	Age Group 1 Age Group 2 Age Group Development	Kieran Pippa	Wycombe – Deep end	8 lanes
	13:45 – 15:00	Potential 1 Potential 2 Potential 3	Pippa Jack R	Wycombe – Deep end	8 lanes
	15:00 – 17:00	Senior Competitive Senior Age Group Away Swimmers	Kieran	Wycombe – Deep end	8 lanes
	15:00 – 16:00	Platinum Academy Gold Academy Silver Academy	Millie Fred Jack R	Wycombe – Shallow end	8 lanes
	16:00 – 17:00	Senior Development Inter Development Junior Development 1 & 2	Jack R Pat Dave W	Wycombe – Shallow end	8 lanes
Wednesday 31st Dec	09:00 – 12:00	Senior Performance Youth Performance	Kevin & Joe	Wycombe – Deep End	5 lanes
	09:00 – 10:00	Wed AM Masters	Pippa	Wycombe – Deep End	3 lanes
	10:00 – 12:00	Senior Competitive	Pippa	Wycombe – Deep End	3 lanes
	12:00 – 14:00	Age Group 1 Age Group 2 Age Group Development	Kieran Pippa	Wycombe – Deep End	8 lanes
Thursday 1st Jan	Happy New Year!				
Friday 2nd Jan	Back to normal training timetable today, onwards.				

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