



# Kidlington & Gosford Swimming Club



## Return to Kidlington Sports Centre

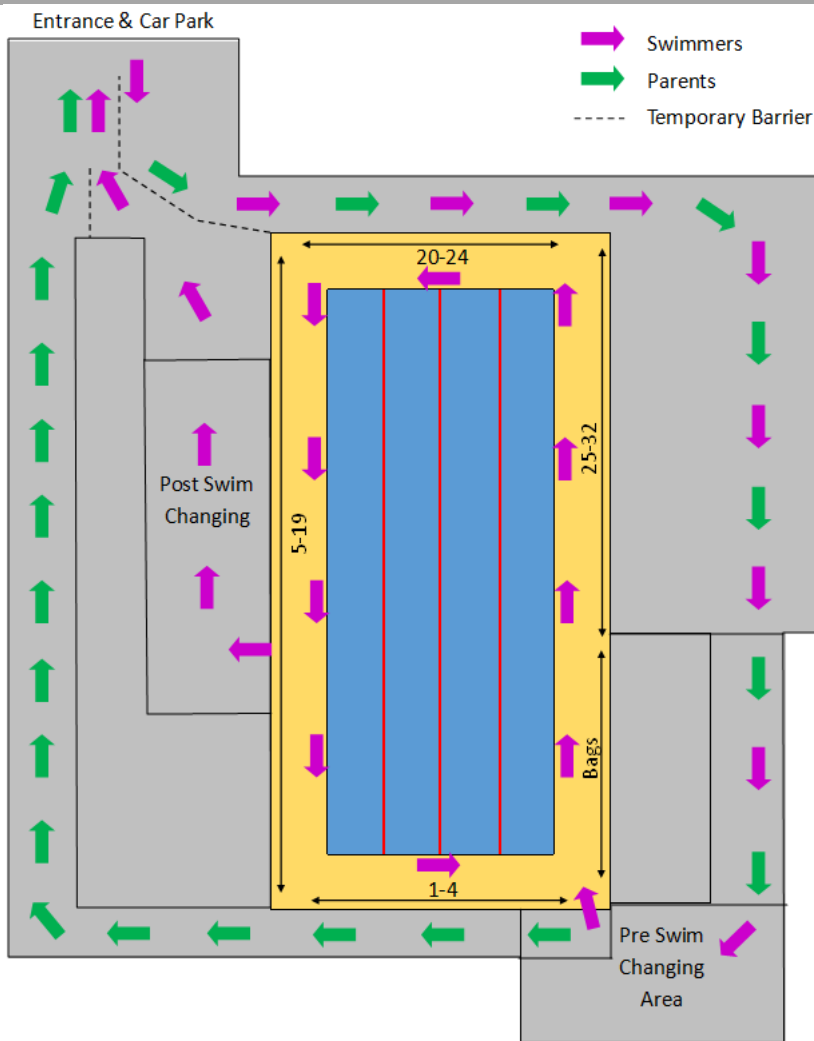
Dear Parents and Swimmers,

We will be returning to Kidlington Sports Centre for training as of **Wednesday 1st September** and we will thankfully have, for the majority, the same pool time as before lockdown. Please read all the following information carefully as it contains the details on how to arrive and leave the sports centre, the timetable for each squad and also how the sessions will run.

### Weekday Mornings

The sports centre have put a limit of 8 swimmers per lane (32 in the pool), and as such we have had to make small adjustments to the timetable. For each of the weekday morning sessions our numbers are slightly above the limit and therefore if you don't usually attend every weekday morning and you can attend Monday morning (as opposed to Wednesday or Friday), please consider doing this as it is usually the quietest of the weekday sessions. If this becomes an issue we will have to rethink the plan and limit the numbers attending each session.

### Sports Centre Layout



### Arrival

- You must arrive 'Swim Ready' with costumes on underneath clothes. If you need help putting on a hat then make sure to do this with your parent before coming poolside.
- Please use the hand sanitiser on the left as you enter the foyer.
- Follow the 1 way system around the end of the pool and through into the gym. A team manager will be at the entrance to the changing area.
- Remove clothes in changing area and take all bags onto poolside.
- Swimmers **MUST NOT** congregate in the changing area, please enter poolside straight away to allow space for others.
- Parents to follow one way system out of sports centre.
- Leave clothes bag on right and walk anticlockwise around poolside (staying close to the pool) to your numbered space.
- Make sure to stay close to the wall to allow others to walk past.

### Departure

- The end of sessions will be staggered to allow for a limited number of swimmers in the changing room at one time.
- When a coach asks you to get changed, walk anticlockwise around poolside to collect your bag and then into the changing rooms. Please change as fast as possible to allow the next group in.
- A team manager will be in the reception area to escort swimmers to the car park and make sure they are collected!

### Equipment

Every swimmer **MUST** have a drinks bottle. Please also bring your normal kit bag but without the kickboard. These take up space on poolside and where needed we will use a pull buoy instead.



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### Masters

As you will see below, we have split the Masters into 2 groups. This is to make sure we stay under the limit of 32 swimmers per session. We have also got extra pool time on a Wednesday evening from 8–9pm. The long term plan for this session will be to open it up to all Masters, but for the short term we are only inviting those listed in the Masters 1 squad to this session. Please note this will be at an additional cost. Please look out for future information from Chris regarding payments. If you do not want to attend the Wednesday session then please let me know as I can then offer spaces out to more Masters.

### Timetable

Below is the timetable for each squad, please note there are a few key changes:

- Monday, Wednesday and Friday mornings will have a start time of 5:45. This gives us an extra 15 minutes to get swimmers onto poolside and also allows more time so as to stagger the swimmers into the changing rooms at the end of the session.
- Performance will not be training on Sunday morning, however you will have a session Wednesday evening at 8pm. This allows more space poolside for the changeover between squads.
- The Saturday morning academy session will start and finish 10 minutes later than normal to allow the aqua zone lessons to exit before we arrive.
- Masters has been split into 2 groups to manage numbers in sessions, Masters 1 will also get an extra 1 hour session Wednesday evening at 8pm.

	Monday AM 5:45-7:30	Monday PM 20:00-21:00	Wednesday AM 5:45-7:30	Wednesday PM 20:00-21:00	Friday AM 5:45-7:30	Saturday AM 10:10-12:10	Sunday AM 7:00-8:00	Sunday AM 8:00-9:00	Sunday PM 18:00-19:00
Performance	Lane 1/2		Lane 1/2	Lane 1/2	Lane 1/2				Lane 1/2
Competition	Lane 3/4		Lane 3/4		Lane 3/4		All Lanes		
Academy						All Lanes		All Lanes	
Masters 1		Lane 3/4		Lane 3/4					Lane 3/4
Masters 2		Lane 1/2							

### Squads and Poolside Spaces

After dropping bags in the bag area on poolside, swimmers will walk anticlockwise around poolside, staying close to the pool edge. Every swimmer has a number (shown in the table below), please stop at your space and wait next to the wall. Rough location of positions are shown in the sports centre layout diagram.

Performance	Competition	Academy	Masters 1	Masters 2
Chris Aust	Ben Hawtin	14 Alex Filatov	1 Greg Bird	17 Jack Goodwin
Johny Richards	Seb Batty	15 Amie Cain	2 Chris Aust	18 Dave Eyles
Ian Surrage	Ryan Hadjou	16 Imogen Gilbert	3 Johny Richards	19 Helen Miller
Gary Bennell	Alexia Janssen	17 Joshua Hewett	4 Chris Wood	20 Rosie Isom
Tom Johnson	1 Sophia Pavlides	18 Alizhan Zhagiparov	5 Ewan Springett	21 Ellen Fowler
Josh Barnes	2 Katie York	19 Kerey Zhagiparov	6 Ian Surrage	22 Hannah Clements
Ben Davies	3 Chelsea Janssen	20 Austin J-P	7 Joe Walker	23 Tori Mclean
Lucy McGrath	4 Raia Slavik-Ali	21 Daniel P-T	8 Jon Dedrick	24 Chloe Ridewood
Tom Scaife	5 Patrick R-B	22 Pav Pavlides	20 Jason Beckett	25 Emily Ridewood
Harrison J-P	6 Ben R-B	23 Lyra Lacey	21 Neil Morton	26 Will Ratty
Ella Joyce	7 Kirsty Hoffmann	24 Abbie Morton	22 Gary Bennell	27 Kirsty Hoffmann
Magnus P-T	8 Aisha Hussain	25 Becka Thorpe	23 Emily Wood	28 Val Richens
Meg Batty	9 Eliza Rayner	26 Martha McNaught	24 Daniella Springett	29 Jenny Watts
Vincent L-F	10 Jasper P-T	27 Riya Patel	25 Paul Cusdin	30 Mark Northwood
Amy Neale	11 Lohan Baker	28 Edward Vennis	26 Dennam Carpenter	31 David Foster
Katie Parsons	12 Alexia Vernicos	29 Helena Gilbert	27 Vincent L-F	32
Alex Young	13 Alison Lau	30 Islay L-P		
	Emily Hill	31 Clemmie Mullineux		
	Rose Andrew	32 Amelia Vernicos		
		Eleanor Searle		
		Eleanor Quinney		