Leicestershire ASA Competition programme September 2010-August 2011

County Development and Talent

Months	September					October				November					December				January					February				March				April				May					June				July				August			
Week Comm	30	6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	31	7	14	21	28	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22
Competitions							(16th) Lincoln Vulcans Licenced Meet - Ponds Forge (50m)	Chase swimming club meet 23/24 October (25m) stafford Pool						(3rd/4th/5th) COLSC Distance Licenced Meet - Braunstone (25m)						**(14th/15th/16th) Cambridge Open Meet (25m)**	**(22nd) City of Leeds Meet - Leeds (50m) ^**	**29th 30th Zonal meet Corby 50m pool * national potentials**					(5th & 6th) LASA County Age Group Championships - Loughborough (50m)	(12th/13th) LASA County Age Group Championships - Loughborough (50m) ****		(25th/26th/27th) LASA County Age Group Championships - Braunstone (25m) ****	(2nd & 3rd) Nuneaton and Bedworth Open Meet (25m)		(15th/16th/17th) COLSC Age Group Licenced Meet (25m)							**(4th & 5th) - Regional Age Group Championships - Coventry (50m)**	**(11th & 12th) - Regional Age Group Championships - Coventry (50m)**						**(21st-25th) National Age Group Championships - Ponds Forge (50m)**				**(1st-5th) Welsh Summer Nationals - Swansea (50m)**			
Micro Cycle Emphasis Codes: **P** = Preparation - **E** = Endurance - **Q** = Quality - **M** = Mix **T** = Taper - **C** = Competition S= Skill																																																					
Macro Cycle	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3			
Weeks to Comp	14	13	12	11	10	9	8	7	6	5	4	3	2	1	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1			
talent emphasis dev'pment	S	S	S	S	S	S	M	E	Q	M	E	Q	E	M	Q	E	M	Q	E	Q	M	M	Q	E	Q	M	M	Q	M	E	M	Q	M	E	Q	E	Q	M	E	T	T	Q	E	E	M	Q	T	T	T			
emphasis	S	S	S	S	S	S	S	S	S	S	S	S	S	S	M	M	M	M	M	Q	M	M	M	M	M	Q	M	Q	M	M	M	Q	M	M	M	M	M	M	M	T	T	M	M	M	M	M	Q	T	T			

*invitation only *** enter under base club name

^ For the majority, the January target meet will hopefully be Leeds (not Derby due to a change in ASA guidelines), this will be confirmed
However we are also still looking at the cambridge meet. Talent and dev will not go to both..we will select either leeds or cambridge.