

Competition Pathway Club Pathway Para Pathway Competition

DATES	SQUAD	ALTERATION
Fri 5th Dec	British Development	Morning Prestwick training cancelled
Sat 6th Dec	British Development	Tollcross cancelled. Alternative session 7.15-9.00am at Citadel
SUNDAY 7th DECEMBER – SAST TIMETABLE UPDATE – DUE TO TROON CLOSURE Timetable can be found here: https://uk.gomotionapp.com/team/sast/page/training/timetable		
Sun 7th Dec	District Dev, Jun Comp, Development	North Ayrshire “Ann Girvan Memorial” Pentaqua Meet, Irvine All entries accepted. Coach: Louise. TMs: Kelly, Emma.
	British Dev, Scot Dev 1, Scot Dev 2,	East Kilbride Invitational Meet, East Kilbride All entries accepted. Coach: Alison. TMs: Joanna, Gemma.
Wed 10th Dec	Xmas Dinner (British Dev, Scot Dev 1, Scot Dev 2, District Dev) Cecchini's in Ayr	
Thu 11th Dec	British Development	5:45-7:15am @ Citadel (additional session due to Friday morning cancellation)
Fri 12th Dec	British Development	Morning Training Cancelled 5:30-7:30pm @ Citadel (Maybole session cancelled)
Fri 12th to Sun 14th Dec	Swimmers with consideration times	Scottish National SC Open Championships 2025, Edinburgh All entries accepted. Coach: Byron.
Mon 15th Dec	Scottish Development 2	5:45-7:15am @ Citadel (Prestwick session cancelled)
Sat 20th Dec	Selected swimmers only	Scottish Swimming National League A Final, Glenrothes SAST Closing Date: Saturday 6 th December. Coaches: Byron, Brian.
Mon 22nd Dec	All Squads	All evening training sessions are cancelled for all squads due to the Xmas Fun Night being held at the Citadel (see below)
	SAST Xmas Fun Night, Citadel, 7.00-9.00pm SAST Closing Date: Wednesday 17 th December.	
Sat 17th Jan 2026	Swimmers aged 12 years and under	SAST Mini Meet 2026, Citadel, Ayr SAST Closing Date: Monday 15 th December.
Sun 18th Jan 2026	SAST Awards 2025/2026, Ayr Town Hall More information to follow in due course.	

Tuesday 23rd December will be the last training sessions before Christmas.

Christmas Training 2025

All sessions will be held at the Citadel

Squad	Sat 27 th Dec	Sun 28 th Dec	Mon 29 th Dec	Tue 30 th Dec	Wed 31 st Dec
British Dev	09:30-11:00am	09:30am-12:00pm		09:30am-12:00pm	09:30am-12:00pm
Scottish Dev 1		09:30am-12:00pm	09:30-11:00am		09:30am-12:00pm
Scottish Dev2	09:30-11:00am		09:30-11:00am	09:30am-12:00pm	
District & Junior Comp	11:00-12:00am		11:00-12:00am		

Training will recommence as normal Saturday 3rd January 2026.