

Trial for May June and July 2011

Day	Venue	Time													
		7.00	7.30	8.00	17.00	17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.00	21.30	22.00
Sun	Goldsmiths				Squad A, B, C or D Stamina Andrew		Squad A, B, C or D Starts & Turns Practice Andrew		Squad A, B, C or D Stamina Sharon		Pre-squad Andrew				
Mon	Beacon		Pay as you Go Andrew												
	Goldsmiths								Squad A Sharon		Squad B Sharon		Squad C Sharon		
Wed	Beacon		Pay as you Go Sharon												
	Goldsmiths							Development Squad Sharon Ben				Gala Squad Sharon Fiona			
										Lifesaving Ben Stevens					
Thu	Goldsmiths								Squad A Andrew		Squad B Andrew		Squad C Andrew		
									Junior D Squad - Hilary				Senior D Squad - Hilary		
Fri	Beacon										Junior and Senior D Squad Sharon				
Sat	Beacon			7.45am		8.45am									
				Stamina Training Andrew											
Open to swimmers who have passed or doing their Gold Challenge and those who have been invited by a one of our coaches															
* These squads will be chosen each term and the swimmers will be notified.															