

Please find listed below training schedule for the coming week due to NAGS can this also go on the website as a notification

I spoke to Sarah last night about training schedules over the next week due her been away at Nags

She is away Today & Friday but sessions will proceed as normal with me assisting Darryl at the pool with the intermediate/seniors.

Friday 25/2/11 morning as normal. 6.30am to 7.45am Aimee/Sandy

Friday 25/2/11 6pm to 7.30 pm Darryl/Sandy

Sunday 27/2/2011 start time 10am presquad & squad Sarah will be there (Nags swimmers to have the morning off as per Sarah's request)

Monday 28/02/2011 as normal 6.30am Sarah will be there

Monday 28/02/2011 evening 6pm to 7.30 pm Sarah will be there

Tuesday 01/03/2011 6pm to 7.30 pm Darryl at PNBHS not the Lido

Wednesday am 02/03/2011 -to be confirmed dependant on some one been available to take it Sarah/Aimee & I are in Wellington

Wednesday 02/03/2011 4pm at the Lido as normal 1 1/2 hours with Darryl

Thursday 03/03/2011 6pm to 7.30 pm Darryl

Friday am 04/03/2011 - as wednesday morning

Friday pm 04/03/2011 6.30 to 8 pm Darryl /Sarah will be back due to other commitments training starting 1/2 later then normal

Sunday 06/03/2001 no training this is already not included on the pre squad dates

After Nags training will return to normal schedule & 2 hour sessions in the evening for intermediate & seniors

Many Thanks
Sandy