

NATIONAL DEVELOPMENT SQUAD

SESSION	AM	COACHES	PM	COACHES	DRYLAND
Monday	NO TRAINING		7:30 to 9:00	Dave & Assistant	6:30 to 7:30pm Seminar Room
Tuesday	5:30 to 7:30 (Poolside @ 5:10)	Dave & George	7:30 to 9:00	Dave & Assistant	6:30 to 7:30pm Seminar Room
Wednesday	NO TRAINING		3:55 to 5:55 (Poolside @ 3:40)	Dave & Assistant	6:00 to 7:00pm Seminar Room
Thursday	5:30 to 7:30 (Poolside @ 5:10)	Dave & Assistant	8:00 to 9:15	Dave & Assistant	7:00 to 8:00pm Seminar Room
Friday	5:30 to 7:30 (Poolside @ 5:10)	Marc & Dave (Bridging Swimmers only)	NO TRAINING		
Saturday	7:00 to 8:45	Dave & Assistant	NO TRAINING		6:00 to 7:00am Gym