

Squad	Monday	Tuesday		Wednesday	Thursday		Friday		Saturday	Sunday	Sunday
	PM	AM	PM	PM	AM	PM	AM	PM	AM	PM land	PM Swim
<b>Development</b>											
Northcroft						18:00-18:45 (VW)	06:00-07:30 (EH) (discuss with Vicki - her permission to attend is mandatory)				
Kennet											17:30-18:30 (VW)
Brockhurst									07:30-8:30 (EH)		
<b>Academy</b>											
Northcroft						18:45-19:30 (VW)	06:00-07:30 (EH)	18:30-19:30 (EH, DG) - does not run the night before Level 3 open meets as Academy should be competing at these.			
Kennet			18:00-19:00 (EH,DG)								18:30-19:30 (VW)
<b>Competition</b>											
Northcroft							06:00-07:30 (EH)			17:00-17:30 (EH)	17:30-19:00 (FB)
Hungerford				18:30-20:00 (FB)							
Kennet		06:00-07:30 (EH)	19:00-20:30 (EH, DG)		06:00-07:30 (EH)				06:30-8:00 (LP) does not run the weekend of Level 3 open meets as Competitive squad should be competing at these.		
<b>Performance</b>											
Northcroft	19:00-21:00 (DG)			19:00-21:00 (CM)		19:30-21:00 (JJ)	06:00-07:30 (EH)			18:00-19:00 (EH)	19:00-21:00 (JJ)
Kennet		06:00-07:30 (EH)			06:00-07:30 (EH)						
Aldershot									12-2 (VW) (dates as per event sign up on website)		
<b>Advanced Performance</b>											
Northcroft	19:00-21:00 (EH)			19:00-21:00 (EH)		19:30-21:00 (EH)	06:00-07:30 (EH)	18:30-20:30 (EH)		18:00-19:00 (EH)	19:00-21:00 (EH)
Kennet		06:00-07:30 (EH)			06:00-07:30 (EH)						
Aldershot									12-2 (EH, VW) (dates as per event sign up on website)		
<b>Masters</b>											
Northcroft							06:00-07:30 (EH)				
Kennet		06:00-07:30 (EH)			06:00-07:30 (EH)						
Hungerford	19:30-20:30 (FB)			20:00-21:00 (FB)							
<b>Youth</b>											
Northcroft							06:00-07:30 (EH)				
Kennet		06:00-07:30 (EH)			06:00-07:30 (EH)				06:30-8:00 (LP) does not run the night before Level 3 open meets.		
Hungerford	19:30-20:30 (FB)			18:30-19:30 (FB)							

Coaches	Squad Coach	Other coaches for the squad	
Development	Vicki Wade	Emma Harris	
Academy	Vicki Wade	Emma Harris	Dave Grayson
Competition	Freyja Baker	Emma Harris	Louise Peters Tracy Apps Dave Grayson
Performance	Emma Harris	Carolyn McLeod	Jake Jezzard
Advanced Performance	Emma Harris	Vicki Wade	
Masters/Youth	Freyja Baker	Emma Harris	