

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)	19:00-20:00 (EH, DG)			
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)		
<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)	19:00-21:00 (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 (FC)			20:00-21:00 (FC)							
<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)		
Hungerford	19:30-20:30 (FC)			18:30-19:30 (FC)							

**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			