

SALE SWIMMING CLUB INC.
SEASON 2009/2010 TRAINING SCHEDULE.

		6.00am	7.00am	7.30am	8.00am	9.00am	9.30am	10.00am	10.30am	11.00am	11.30am	12.00am	5.30pm	6.00pm	6.30pm	7.00pm	7.30pm	8.00pm	8.30pm	9.00pm	
Mon	Times	Dolphins / Sharks 6.00am - 8.00am												Sharks 5.30pm - 8.00pm							
	Coaches	Des / Assist Coach												Des / Adam / Assit Coach							
Tue	Times	Dolphins / Sharks 6.00am - 8.00am												Dolphins 6.00pm - 8.00pm							
	Coaches	Tracey / Assist Coach												Trudi / Assist Coach							
	Times												Minnows 5.30pm - 7.00pm								
	Coaches												Paul M / Assist Coach								
Wed	Times	Dolphins / Sharks 6.00am - 8.00am												Sharks 5.30pm - 8.00pm							
	Coaches	Des / Assist Coach												Des / Adam / Assit Coach							
Thu	Times	Dolphins / Sharks 6.00am - 8.00am												Dolphins 6.00pm - 8.00pm							
	Coaches	Tracey / Assist Coach												Debbie / Assist Coach							
	Times												Minnows 5.30pm - 7.00pm								
	Coaches												Paul M / Assist Coach								
Fri	Times	Dolphins / Sharks 6.00am - 8.00am												Sharks 6.30pm - 9.00pm							
	Coaches	Des / Assist Coach												Des / Adam / Assit Coach							
	Times												Dolphins 5.30pm - 7.30pm								
	Coaches												Adam / Assist Coach								
	Times												Minnows 5.30pm - 6.30pm								
	Coaches												Paul M / Assist Coach								
Sat	Times						Minnows 9.00am - 10.00am														
	Coaches						Paul M / Assist Coach														
	Times						Target Squad 9.00am - 12.00noon														
	Coaches						Des / Paul M / Assit Coach														
Sun	Times						Target Squad 9.00am - 12.00noon (only if Saturday has a swim meet)														
	Coaches						Des / Paul M / Assit Coach														

	Sharks
	Dolphins/Sharks Combined
	Dolphins
	Minnows
	Target Squad

Coaches : Des Phillips
Tracey Sheilds
Paul Morrison
Debbie Taylor
Adam Phillips
Trudi Henderson

Assitant Coaches : Paul Callaghan
Nick Bennett
Megan Raine