

# PNSC SQUAD COVER

10 – 16th December 2018

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dolphins</b> Red		17:30 – 18:30 St Edmunds Sam Madden					
<b>Dolphins</b> Blue		18:30 – 19:30 St Edmunds Sam Madden					
<b>Academy</b> Eastney		17:00-18:00 Eastney Gary Abraham Abbey Vear		17:00-18:00 Eastney Gary Abraham Abbey Vear			
<b>Academy</b> Mountbatten	16:00 – 17:00 MBC Sam Adams				16:00 – 17:00 MBC Sam Adams		
<b>Junior 3</b>			17:30 – 18:30 St Edmunds Ella Hamza / Sam Madden / Abbey Vear			NO TRAINING DUE TO PNSC XMAS MEET	
<b>Junior 2</b>			18:30 – 20:00 St Edmunds Ella Hamza / Sam Madden / Abbey Vear			NO TRAINING DUE TO PNSC XMAS MEET	

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Junior 1</b>			18:30 – 20:00 St Edmunds Ella Hamza / Sam Madden / Abbey Vear		18:00 – 19:00 Temeraire Lee Baldwin	NO TRAINING DUE TO PNSC XMAS MEET	
<b>Junior Development</b>	16:00 – 17:00 MBC Sacha Karabas Flandez		16:00 – 17:30 MBC Sacha Karabas Flandez	06:00 – 07:00 Sacha Karabas Flandez 16:00 – 17:00 MBC Ella Hamza	19:00 – 20:00 MBC Sacha Karabas Flandez		NO TRAINING DUE TO PNSC XMAS MEET
<b>Junior Competitive</b>	16:00-18:00 HMS Temeraire Chris Lee	05:30-07:00 16:00-17:30 MBC Chris Lee		16:00-18:00 HMS Temeraire Chris Lee	16:00-18:00 MBC Chris Lee	NO TRAINING DUE TO PNSC XMAS MEET	
<b>Junior Performance</b>	05:15-07:15 17:00-19:00 MBC Lee Baldwin	16:00-18:00 HMS Temeraire Lee Baldwin	05:15-07:15 Lee Baldwin	16:00-18:00 MBC Lee Baldwin	16:00-18:00 HMS Temeraire Lee Baldwin	NO TRAINING DUE TO PNSC XMAS MEET	
<b>Senior Performance</b>	05:15-07:15 17:00-19:00* MBC Claudia Clements Neil Redman 6-7pm support	05:15-07:15 17:00-19:00 MBC Claudia Clements	17:00-19:00 MBC (National Swimmers only) Claudia Clements	05:15-07:15 17:00-19:00 MBC John Molyneaux	17:00-19:00* MBC John Molyneaux	NO TRAINING DUE TO PNSC XMAS MEET	

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Potential 1</b>	05:15-07:00 MBC James Warrener	17:30-19:00 MBC James Warrener	05:15-07:15 16:00-18:00 HMS Temeraire James Warrener		05:15-07:15 17:00 – 19:00 HMS Temeraire James Warrener	NO TRAINING DUE TO PNCS XMAS MEET	
<b>Potential 2</b>			17:30-19:00 MBC Chris Lee		06:00-07:00 Ella Hamza 18:00 – 19:00 MBC Ella Hamza	NO TRAINING DUE TO PNCS XMAS MEET	
<b>Club 1</b>		19:00 – 20:00 MBC Gary Abraham		*CHANGE TO TRAINING JOIN WITH CLUB 2 18:00 – 19:00 MBC Lee Baldwin	20:00 – 21:00 MBC Ella Hamza	TRAINING CHANGED TO THURSDAY DUE TO CHRISTMAS MEET*	
<b>Club 2</b>				18:00 – 19:00 MBC Lee Baldwin	19:00 – 20:00 MBC Ella Hamza		
<b>Masters Neil / Sam</b>	19:00-20:00 MBC	19:00-20:00 MBC	05:30-07:00 19:00-21:00 MBC	05:30-07:00 MBC	05:30-07:00 20:00-21:00 MBC Chris Lee		07:00 – 09:00 MBC

