

## PNSC SQUAD TIMETABLES from 25 February 2019

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dolphins</b> Red LEAD COACH SAM MADDEN		17:30 – 18:30 St Edmunds Sam Madden					
<b>Dolphins</b> Blue LEAD COACH SAM MADDEN		18:30 – 19:30 St Edmunds Sam Madden					
<b>Academy</b> Eastney LEAD COACH GARY ABRAHAM		17:00-18:00 Eastney Gary Abraham Abbey Vear		17:00-18:00 Eastney Gary Abraham Abbey Vear			
<b>Academy</b> Mountbatten LEAD COACH SAM ADAMSON	16:00 – 17:00 MBC Sam Adamson				16:00 – 17:00 MBC Sam Adamson		
<b>Junior 3</b> LEAD COACH CHRIS LEE		16:00 – 17:00 MBC Sacha Karabas Flandez / Helen St John Mosse				16:30 – 17.15 LAND TRAINING 17.30 - 18:30 POOL Chris Lee / Helen SJM	

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<b>Junior 2</b> <b>LEAD COACH</b> ELLA HAMZA			17:30 – 19:00 St Edmunds Ella Hamza / Abbey Vear			16:00 – 17.30 POOL 17.30 - 18:30 LAND TRAINING Ella Hamza / Kim Taylor	
<b>Junior 1</b> <b>LEAD COACH</b> ELLA HAMZA			18:30 – 20:00 St Edmunds Ella Hamza / Abbey Vear		18:00 – 19:00 Temeraire  Ella Hamza	16:00 – 17.30 POOL  17.30 - 18:30 LAND TRAINING Ella Hamza / Kim Taylor	
<b>Junior Development</b> <b>LEAD COACH</b> Sacha Karabas Flandez	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		09:45 – 11:45 HMS Temeraire Sacha Karabas Flandez
<b>Junior Competitive</b> <b>LEAD COACH</b> Chris Lee	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	05:15-07:00 SWIM 07:15 – 08:00 LAND Chris Lee	

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Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Junior Performance</b> <b>LEAD COACH</b> Lee Baldwin	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 / Sam Madden	05:15-07:15 SWIM 07:15 – 08:00 LAND Lee Baldwin	
<b>Senior Performance &amp; National</b> <b>LEAD COACH</b> Claudia Clements	05:15-07:15 Claudia & Chris 17:00-19:00* MBC Claudia Clements / Sacha Karabas Flandez	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 Claudia & Chris 17:00-19:00 MBC Claudia Clements	17:00-19:00* MBC Claudia Clements	06:00 – 09:00 Claudia Clements/ Sacha Karabas Flandez	
<b>Potential 1</b> <b>LEAD COACH</b> James Warrener	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 / Sam Madden	05:15-07:00 SWIM 07:15 – 08:00 LAND James Warrener	
<b>Potential 2</b> <b>LEAD COACH</b> Madeleine Campbell			17:30-19:00 MBC Madeleine Campbell		06:00-07:00 18:00 – 19:00 MBC Madeleine Campbell	15:00 – 15.45 LAND 16.00 – 17:30 POOL Madeleine Campbell	

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<b>Club 1</b> <b>LEAD COACH</b> Madeleine Campbell		19:00 – 20:00 MBC Madeleine Campbell			20:00 – 21:00 MBC Madeleine Campbell	17:30 – 18:30 MBC Madeleine Campbell	
<b>Club 2</b> <b>LEAD COACH</b> Madeleine Campbell				18:00 – 19:00 MBC Madeleine Campbell	19:00 – 20:00 MBC Madeleine Campbell		
<b>Masters</b> <b>LEAD COACH</b> Neil & Sam Redman	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		07:00 – 09:00 MBC