

PNSC SQUAD TIMETABLES from 2nd September 2019

| Squad | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|----------------------|-----------------------------|-----------|------------------------|--|---|--------|
| Dolphins Red LEAD COACH SAM MADDEN | | 18:00 – 19:00 St Edmunds | | | | | |
| Dolphins Blue LEAD COACH SAM MADDEN | | | | | 16:00 – 17:00 Mountbatten Centre | | |
| Academy Eastney LEAD COACH Abbey Vear | | 17:00-18:00 Eastney | | 17:00-18:00 Eastney | | | |
| Academy Mountbatten LEAD COACH Ashleigh Aslett (Lee & Robin) | 16:00 – 17:00 MBC | | | | 16:00 – 17:00 MBC | | |
| Junior 3 LEAD COACH Ashleigh Aslett (Lee & Robin) | | 16:00 – 17:00 MBC | | | | 16:30 – 17.15 LAND TRAINING 17.30 - 18:30 POOL | |

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| Junior 2 LEAD COACH ELLA HAMZA | | | 18:00 – 19:30 St Edmunds | | | 16:00 – 17.30 POOL 17.30 - 18:30 LAND TRAINING | |
| Junior 1 LEAD COACH ELLA HAMZA | | | 19:00 – 20:00 MBC | | 17:30 – 19:00 Temeraire | 16:00 – 17.30 POOL 17.30 - 18:30 LAND TRAINING | |
| Junior Development LEAD COACH Helen St John Mosse | 16:00 – 17:00 MBC | | 16:00 – 17:30 MBC | 06:00 – 07:00 16:00 – 17:00 MBC | 19:00 – 20:00 MBC | | 09:45 – 11:45 HMS Temeraire |
| Junior Competitive LEAD COACH Robin Nettleton | 16:00-18:00 HMS Temeraire | 05:30-07:00 16:00-17:30 MBC | | 16:00-18:00 HMS Temeraire | 17:00-19:00 MBC | 05:15-07:00 SWIM 07:15 – 08:00 LAND | |

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|--|--|-----------------------------------|--|--|---|--|--------|
| Junior Performance LEAD COACH Lee Baldwin | 05:15-07:15 17:00-19:00 MBC | 16:00-18:00 HMS Temeraire | 05:15-07:15 | 16:00-18:00 MBC | 16:00-18:00 HMS Temeraire | 05:15-07:15 SWIM 07:15 – 08:00 LAND | |
| Senior Performance & National LEAD COACH Adam Parfitt | 05:15-07:15 Adam & Robin 17:00-19:00 pool 19:15-20:00 gym MBC | 05:15-07:15 17:00-19:00 MBC | 17:00-19:00 MBC (National Swimmers only) | 05:15-07:15 Adam & Robin 17:00-19:00 pool 19:15-20:00 gym MBC | 17:00-19:00 MBC | 06:00 – 06:45 land 07:00 - 09:00 pool | |
| Potential 1 LEAD COACH James Warrener | 05:15-07:00 MBC | 17:30-19:00 MBC | 05:15-07:15 16:00-18:00 HMS Temeraire | | 05:15-07:15 17:00 – 19:00 HMS Temeraire | 05:15-07:00 SWIM 07:15 – 08:00 LAND | |
| Potential 2 LEAD COACH Madeleine Campbell | | | 17:30-19:00 MBC | | 06:00-07:00 19:00 – 20:30 MBC | 15:00 – 15.45 LAND 16.00 – 17:30 POOL | |

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| Club LEAD COACH Madeleine Campbell / Helen SJM | | 19:00 – 20:00 MBC | | 18:00 – 19:00 MBC | | 17:30 – 18:30 MBC | |
| Masters LEAD COACH Neil & Sam Redman | 19:00-20:30 MBC | 19:00-20:00 MBC | 05:30-07:00 20:00-21:00 MBC | 05:30-07:00 MBC | 05:30-07:00 20:00-21:00 MBC | | 07:00 – 09:00 MBC |