

## PNSC SQUAD TIMETABLES from 7<sup>th</sup> September 2020

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dolphins</b> Red LEAD COACH <b>SAM MADDEN</b>		18:00 – 19:00 St Edmunds					
<b>Dolphins</b> Blue LEAD COACH <b>SAM MADDEN</b>					16:00 – 17:00 Mountbatten Centre		
<b>Academy</b> Mountbatten LEAD COACH <b>MADELEINE                      CAMPBELL</b>	16:00 – 17:00 MBC				16:00 – 17:00 MBC		
<b>Junior 2</b> LEAD COACH <b>ALEX                      GOODMAN</b>		16:00 – 17:00 MBC		16:00 – 17:00 MBC		16:30 – 17.15 LAND TRAINING 17.30 - 18:30 POOL	

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Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Junior 1</b> <b>LEAD COACH</b> <b>TBC</b>			18:00 – 19:30 St Edmunds	17:00-18:00 MBC		16:00 – 17.30 POOL 17.45 - 18:30 LAND TRAINING	
<b>Junior Development</b> <b>LEAD COACH</b> <b>ABBAY VEAR</b>	16:00 – 17:00 MBC		16:00 – 17:00 MBC	06:00 – 07:00 16:00 – 17:00 MBC	19:00 – 20:00 MBC		11:15 – 12:15 HMS Temeraire
<b>Junior Competitive</b> <b>LEAD COACH</b> <b>Helen SJM</b>	16:45-17:45 HMS Temeraire	05:30-07:15 16:00-17:30 MBC	16:00-17:30 MBC		17:00-19:00 MBC	05:15-07:00 SWIM 07:15 – 08:00 LAND	

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Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Junior Performance</b> <b>LEAD COACH</b> <b>Lee Baldwin</b>	05:15-07:15  17:00-19:00 MBC		05:15-07:15  17:00-19:00 MBC	18:00-20:00 MBC	16:45-17:45 HMS Temeraire	07:00 - 09:00 pool	
<b>Senior Performance &amp; National</b> <b>LEAD COACH</b> <b>Adam Parfitt</b>	05:15-07:15 17:00-19:00 MBC	05:15-07:15 17:00-19:00 MBC  19:15-20:00 gym		05:15-07:15 17:00-19:00 MBC  19:15-20:00 gym	<b>05:15-07:15</b> <b>NATIONAL</b> <b>SQUAD ONLY</b> 17:00-19:00 ALL MBC	06:00 – 06:45 land 07:00 - 09:00 pool	
<b>Potential 1</b>  <b>LEAD COACH</b> <b>James Warrener</b>	05:15-07:00 MBC	17:30-19:00 MBC	05:15-07:15 16:45-17:45 HMS Temeraire		05:15-07:15	05:15-07:00 SWIM 07:15 – 08:00 LAND	
<b>Potential 2</b> <b>LEAD COACH</b> <b>Madeleine Campbell</b>		06:00-07:00	17:30-19:00 MBC		19:00 – 20:00 MBC	15:00 – 15.45 LAND 16.00 – 17:30 POOL	

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Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Club</b> <b>LEAD COACH</b> TBC		19:00 – 20:00 MBC		19:00 – 20:00 MBC		17:30 – 18:30 MBC	
<b>Masters</b> <b>LEAD COACH</b> Neil & Sam Redman	19:00-20:30 MBC	19:00-20:00 MBC	05:15-06:45 19:00-21:00 MBC	05:15-06:45 MBC	05:15-06:45 20:00-21:00 MBC		07:00 – 09:00 MBC