

South Tyneside Swim Team Squad Programme Xmas 2010 Sheet 1

SQUAD	<i>A</i>	<i>A</i>	<i>B</i>	<i>B</i>	<i>C</i>	<i>C</i>	<i>D</i>
Time	AM	PM	AM	PM	AM	PM	PM
Monday 20/12/10	5.00-7.00 Pool	5.00-6.30	6.00-7.00	5.00-6.30		5.00-6.30	4.00-5.00
Coach/Staff	KN	KN	PC	PC		EP	TBC
Venue	Hebburn	Boldon	Hebburn	Hebburn		Hebburn	Hebburn
Tuesday 21/12/10		4.00-7.00		6.00-7.00 Gym		6.00-7.00 Gym	
Coach/Staff		KN		EP		EP	
Venue		Boldon		Harton TC		Harton TC	
Wednesday 22/12/10		4.00-6.00		6.30-8.00		6.30-8.00	
Coach/Staff		KN		PC		EP	
Venue		Boldon		Hebburn		Hebburn	
Thursday 23/12/10	8.30-10.30		8.30-10.30		10.30-12.00		11.00-12.00
Coach/Staff	KN		PC		EP		EP
Venue	Hebburn		Hebburn		Hebburn		Hebburn
Friday 24/12/10	10.00-12.00		10.00-12.00		10.30-12.00		
Coach/Staff	KN		PC		EP		
Venue	Hebburn		Hebburn		Hebburn		
Saturday 25/12/10							
Sunday 26/12/10							
Coach/Staff							
Venue							