

South Tyneside Swim Team Squad Programme Xmas 2010 Sheet 2

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 27/12/10	10.00-12.00		10.00-12.00		10.30-12.00		11.00-12.00 AM
Coach/Staff	KN		PC		EP		TBC
Venue	Hebburn		Hebburn		Hebburn		Hebburn
Tuesday 28/12/10	10.00-12.00			6.00-7.00 Gym		6.00-7.00 Gym	
Coach/Staff	KN			EP		EP	
Venue	Hebburn			Harton TC		Harton TC	
Wednesday 29/12/10							
Coach/Staff							
Venue							
Thursday 30/12/10							
Coach/Staff							
Venue							
Friday 31/12/10		2.00-4.00		2.00-4.00		2.30-4.00	3.00-4.00
Coach/Staff		KN		PC		EP	TBC
Venue		Hebburn		Hebburn		Hebburn	Hebburn
Saturday 1/01/11							
Sunday 2/01/11							
Monday 3/01/11	10.00-12.00		10.00-12.00		10.30-12.00		11.00-12.00 AM
Coach/Staff	KN		PC		EP		TBC
Venue	Hebburn		Hebburn		Hebburn		Hebburn