NATIONAL SQUAD TRAINING JANUARY TO MARCH 2009

"Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it". L. Holt

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Date	Time	Squad	Coach
Mon Jan 12	4.55 – 6.45am	JS & SS	JW
Mon Jan 12	4.00 - 5.30pm	DS	MJ
Wed Jan 12	4.00 - 6.00pm	JS & SS	MW
Mon Jan 19	4.15 - 5.30pm	DS	JW
Wed Jan 21	4.55 - 6.45am	JS & SS	JW
Tues Jan 27	4.55 - 6.45am	JS & SS	JW
Wed Jan 28	4.15 - 6.00pm	JS & SS	JW
Fri Jan 30	5.30 - 6.45am	DS	MJ
Mon Feb 2	4.00 - 5.30pm	DS	SB
Wed Feb 4	4.55 - 6.45am	JS & SS	NB
Wed Feb 4	4.00 - 6.00pm	JS	MW
Feb 6 – 8	Karl Dalhouse Swim Meet		
Tues Feb 10	4.55 - 6.45am	JS & SS	JW
Wed Feb 11	4.55 - 6.45am	SS	LL
Wed Feb 11	4.15 - 5.45pm	DS	JW
Fri Feb 13	4.55 - 6.45am	JS & SS	JW
Mon Feb 16	4.55 - 6.45am	JS & SS	JW
Mon Feb 16	4.00 - 5.30pm	DS	SB
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Feb 19 -22	Walter Rogers Age		
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Feb 19 -22	Walter Rogers Age	Group Champ	S
Feb 19 -22 Tues Feb 24	Walter Rogers Age 4.55 – 6.45am	Group Champ JS & SS	os JW
Feb 19 -22 Tues Feb 24 Fri Feb 27	Walter Rogers Age 4.55 – 6.45am 5.30 – 6.45am	Group Champ JS & SS DS	JW NB
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2	Walter Rogers Age 4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm	Group Champ JS & SS DS JS	JW NB MW
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4	Walter Rogers Age 4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am	Group Champ JS & SS DS JS SS DS	JW NB MW LL
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4 Wed Mar 4	Walter Rogers Age 4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am 4.15 – 5.30pm	Group Champ JS & SS DS JS SS DS	JW NB MW LL JW
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4 Wed Mar 4 Mar 6 - 7	Walter Rogers Age (4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am 4.15 – 5.30pm Mayberry Schools M 5.00 – 7.00am	Group Champ JS & SS DS JS SS DS Meet	JW NB MW LL JW
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4 Wed Mar 4 Mar 6 - 7 Sat Mar 7	Walter Rogers Age (4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am 4.15 – 5.30pm Mayberry Schools M 5.00 – 7.00am 4.15 – 6.00pm	Group Champ JS & SS DS JS SS DS Meet Carifta Team/	JW NB MW LL JW
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4 Wed Mar 4 Mar 6 - 7 Sat Mar 7 Mon Mar 9	Walter Rogers Age (4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am 4.15 – 5.30pm Mayberry Schools M 5.00 – 7.00am	Group Champ JS & SS DS JS SS DS Acet Carifta Team/	JW NB MW LL JW
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4 Wed Mar 4 Mar 6 - 7 Sat Mar 7 Mon Mar 9 Wed Mar 11	Walter Rogers Age (4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am 4.15 – 5.30pm Mayberry Schools N 5.00 – 7.00am 4.15 – 6.00pm 4.15 – 5.45pm	Group Champ JS & SS DS JS SS DS Meet Carifta Team/ Car,JS & SS DS Car,JS & SS	JW NB MW LL JW JS/SS MW JW
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4 Wed Mar 4 Mar 6 - 7 Sat Mar 7 Mon Mar 9 Wed Mar 11 Fri Mar 13	Walter Rogers Age (4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am 4.15 – 5.30pm Mayberry Schools M 5.00 – 7.00am 4.15 – 6.00pm 4.15 – 5.45pm 4.55 – 6.45am 4.55 – 6.45am	Group Champ JS & SS DS JS SS DS Meet Carifta Team/ Car,JS & SS DS	JW NB MW LL JW JS/SS MW JW JW
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4 Wed Mar 4 Mar 6 - 7 Sat Mar 7 Mon Mar 9 Wed Mar 11 Fri Mar 13 Tues Mar 17	Walter Rogers Age (4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am 4.15 – 5.30pm Mayberry Schools N 5.00 – 7.00am 4.15 – 6.00pm 4.15 – 5.45pm 4.55 – 6.45am	Group Champ JS & SS DS JS SS DS Meet Carifta Team/ Car,JS & SS DS Car,JS & SS Car,JS & SS	JW NB MW LL JW JS/SS MW JW JW JW
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4 Wed Mar 4 Mar 6 - 7 Sat Mar 7 Mon Mar 9 Wed Mar 11 Fri Mar 13 Tues Mar 17 Wed Mar 18	Walter Rogers Age (4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am 4.15 – 5.30pm Mayberry Schools M 5.00 – 7.00am 4.15 – 6.00pm 4.15 – 5.45pm 4.55 – 6.45am 4.55 – 6.45am 4.00 – 5.30pm	Group Champ JS & SS DS JS SS DS Meet Carifta Team/ Car,JS & SS DS Car,JS & SS	JW NB MW LL JW JS/SS MW JW JW JW MW LL
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4 Wed Mar 4 Mar 6 - 7 Sat Mar 7 Mon Mar 9 Wed Mar 11 Fri Mar 13 Tues Mar 17 Wed Mar 18 Fri Mar 20	Walter Rogers Age (4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am 4.15 – 5.30pm Mayberry Schools M 5.00 – 7.00am 4.15 – 6.00pm 4.15 – 5.45pm 4.55 – 6.45am 4.00 – 5.30pm 4.55 – 6.45am 4.00 – 5.30pm	Group Champ JS & SS DS JS SS DS Meet Carifta Team/ Car,JS & SS DS Car,JS & SS Car,JS & SS DS Car,JS & SS	JW NB MW LL JW JS/SS MW JW JW JW MW
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4 Wed Mar 4 Mar 6 - 7 Sat Mar 7 Mon Mar 9 Wed Mar 11 Fri Mar 13 Tues Mar 17 Wed Mar 18 Fri Mar 20 Mon Mar 23	Walter Rogers Age (4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am 4.15 – 5.30pm Mayberry Schools M 5.00 – 7.00am 4.15 – 6.00pm 4.15 – 6.45am 4.55 – 6.45am 4.00 – 5.30pm 4.55 – 6.45am	Group Champ JS & SS DS JS SS DS Meet Carifta Team/ Car,JS & SS DS Car,JS & SS Car,JS & SS Car,JS	JW NB MW LL JW JS/SS MW JW JW JW LL SB
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4 Wed Mar 4 Mar 6 - 7 Sat Mar 7 Mon Mar 9 Wed Mar 11 Fri Mar 13 Tues Mar 17 Wed Mar 18 Fri Mar 20 Mon Mar 23 Wed Mar 25	Walter Rogers Age (4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am 4.15 – 5.30pm Mayberry Schools M 5.00 – 7.00am 4.15 – 6.00pm 4.15 – 6.45am 4.55 – 6.45am 4.55 – 6.45am 4.00 – 5.30pm 4.55 – 6.45am 4.00 – 5.30pm	Group Champ JS & SS DS JS SS DS Meet Carifta Team/ Car,JS & SS DS Car,JS & SS	JW NB MW LL JW JS/SS MW JW JW JW LL SB NB
Feb 19 -22 Tues Feb 24 Fri Feb 27 Mon Mar 2 Wed Mar 4 Wed Mar 4 Mar 6 - 7 Sat Mar 7 Mon Mar 9 Wed Mar 11 Fri Mar 13 Tues Mar 17 Wed Mar 18 Fri Mar 20 Mon Mar 23 Wed Mar 25 Wed Mar 25	Walter Rogers Age (4.55 – 6.45am 5.30 – 6.45am 4.15 – 6.00pm 4.55 – 6.45am 4.15 – 5.30pm Mayberry Schools Mayberry Mayberry Schools Mayberry Schools Mayberry Schools Mayberry Schools Mayberry Schools Mayberry Maybe	Group Champ JS & SS DS JS SS DS Meet Carifta Team/ Car,JS & SS DS Car,JS & SS	JW NB MW LL JW JS/SS MW JW JW JW MW LL SB NB JW