

NATIONAL SQUAD CAMP MARCH 4 –6<sup>TH</sup>,2005  
NATIONAL STADIUM POOL

To be conducted by Chris Anderson – Head coach Comets Swim Club,  
Pembroke Pines, Florida. Chris Coaches Jamaican Olympian Alia Atkinson.  
He will be assisted by National Squad coaches Lynval Lowe, Barrington  
Brown and Prince Easton.

KEY

JS – JUNIOR SQUAD

ES – ELITES SQUAD

DS – DEVELOPMENT SQUAD

**FRI MAR 4<sup>TH</sup>**

5.00 – 6.45AM	ALL SQUADS	POOL
4.00 – 6.00PM	JS& ES	POOL

**SAT MAR 5<sup>TH</sup>**

6.00 – 8.00AM	JS & ES	POOL
8.00 - 9.00AM	JS &ES	DRYLAND
10.00 – 12.00PM	DS	POOL
2.00 – 3.00PM	ALL SQUADS	CLASSROOM
3.30 – 5.30PM	JS & ES	POOL

**SUN MAR 6<sup>TH</sup>**

9.00 – 11.00 AM	ALL SQUADS	POOL
11.00 – 12.00PM	WRAP UP	