

NATIONAL SQUAD & CARIFTA TEAM TRAINING

JANUARY - APRIL 2008

Key DS Development Squad
 JS Junior Squad
 SS Senior Squad

Fri Jan 18	5.00 - 6.45 am	JS	NB
Mon Jan 21	4.00 - 6.00pm	DS	MJ
Wed Jan 23	5.00 - 6.45am	JS & SS	JW
Fri Jan 25	3.00 - 5.00pm	JS & SS	JW & MW
Mon Jan 28	5.00 - 6.45am	JS	LL
Mon Jan 28	4.15 - 6.00pm	DS	JW
Wed Jan 30	5.00 - 6.45am	JS & SS	JW
Mon Feb 4	4.00 - 6.00pm	JS & SS	JW & MW
Fri Feb 8	5.00 - 6.45am	JS & SS	LL & MJ
Mon Feb 11	5.00 - 6.45am	JS	NB
Mon Feb 11	4.00 - 6.00pm	DS	MJ
Wed Feb 13	5.00 - 6.45am	SS	JW
Wed Feb 13	4.00 - 6.45pm	SS	JW
Wed Feb 20	5.00 - 6.45am	JS & SS	NB & JW
Wed Feb 20	4.15 - 6.00pm	DS	JW
Mon Feb 25	5.00 - 6.45am	JS & SS	JW
Mon Feb 25	4.00 - 6.00pm	DS	MJ
Wed Feb 27	4.15 - 6.00pm	Carifta Team	
Fri Feb 29	5.00 - 6.45am	Carifta Team	
Fri Feb 29	3.00 - 5.00pm	DS	MJ
Mon Mar 3	4.00 - 6.00pm	Carifta Team	
Wed Mar 5	5.00 - 6.45am	JS & SS	JW
Wed Mar 5	4.00 - 6.00pm	DS	NB
Fri Mar 7	5.00 - 6.45am	Carifta Team	
Fri Mar 7	3.00 - 5.00pm	Carifta Team	
Sat Mar 8	5.00 - 7.30am	Carifta Team	
Mon Mar 10	4.00 - 6.00pm	DS	MJ
Wed Mar 12	5.00 - 6.45am	Carifta Team	
Wed Mar 12	4.00 - 6.00pm	Carifta Team	
Fri Mar 14	5.00 - 6.45am	JS & SS	JW
Fri Mar 14	3.00 - 5.00pm	Carifta Team	
Mon Mar 17	5.00 - 6.45am	Carifta Team	
Mon Mar 17	4.00 - 6.00pm	Carifta Team	
Wed Mar 19	5.00 - 6.45am	Carifta Team	
Wed Mar 19	3.00 - 5.00pm	Carifta Team	

Thurs Mar 20	5.00 - 7.00am	Carifta Team
Thurs Mar 20	2.30 - 4.30pm	Carifta Team
Sat Mar 22	5.30 - 7.30am	Carifta Team
Mon Mar 24	6.00 - 8.00am	Carifta Team
Tues Mar 25	6.00 - 7.30am	Carifta Team
Tues Mar 25	4.00 - 5.30pm	Carifta Team

THURSDAY MAR 27 - SUN MAR 30 -CARIFTA GAMES,ARUBA

Wed April 2	4.00 - 6.00pm	DS	NB
Mon April 7	4.00 - 6.00pm	JS & SS	JW
Wed April 9	5.00 - 6.45am	JS & SS	NB & LL
Wed April 9	4.15 - 6.00pm	DS	JW
Mon April 14	4.00 - 6.00pm	DS	MJ
Wed April 16	5.00 - 6.45am	JS	LL
Mon April 21	4.00 - 6.00pm	SS	JW
Wed April 23	5.00 - 6.45am	DS,JS & SS	JW
Fri April 25	3.00 - 5.00pm	JS	MJ
Mon April 28	5.00 - 6.45am	JS & SS	JW
Mon April 28	4.00 - 6.00pm	DS	MJ
Wed April 30	4.00 - 6.00pm	JS & SS	JW & MW