

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**

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
Feb 19 -22	Walter Rogers Age Group Champs		
Tues Feb 24	4.55 – 6.45am	JS & SS	JW
Fri Feb 27	5.30 – 6.45am	DS	NB
Mon Mar 2	4.15 – 6.00pm	JS	MW
Wed Mar 4	4.55 – 6.45am	SS	LL
Wed Mar 4	4.15 – 5.30pm	DS	JW
Mar 6 – 7	Mayberry Schools Meet		
Sat Mar 7	5.00 – 7.00am	Carifta Team/JS/SS	
Mon Mar 9	4.15 – 6.00pm	Car,JS & SS	MW
Wed Mar 11	4.15 – 5.45pm	DS	JW
Fri Mar 13	4.55 – 6.45am	Car,JS & SS	JW
Tues Mar 17	4.55 – 6.45am	Car,JS & SS	JW
Wed Mar 18	4.00 – 5.30pm	DS	MW
Fri Mar 20	4.55 – 6.45am	Car,JS	LL
Mon Mar 23	4.00 – 5.30pm	DS	SB
Wed Mar 25	4.55 – 6.45am	Car,JS & SS	NB
Wed Mar 25	4.15 – 6.00pm	Car	JW
Fri Mar 27	4.55 – 6.45am	Car	JW
Sat Mar 28	5.30 – 7.30am	Car	JW