

## DEBEN SC TRAINING TIMES 2011/2012

Day & Time	Lane one	Lane Two	Lane Three	Lane Four	Lane Five	Lane Six	Notes
<b>Monday</b>							
7.00-8.00pm	Performance (Stephen)	Performance (Stephen)	Age Group Performance (Nikki)	Age Group Performance (Nikki)	Age Group Development (Dawn)	Age Group Development (Dawn)	Swimmers to be on poolside 15mins prior to start
8.00-9.00pm	Performance (Nikki)	Performance (Nikki)	Performance (Nikki)	Competitive Development (Dawn)	Youth (Stephen)	Youth (Nigel)	
9.00-10.00pm	Junior Water Polo Match Practice (Chris, Sue)						
<b>Tuesday</b>							
6.00-7.00am	Performance (Nikki)	Performance (Nikki)	Performance (Nikki)	Age Group Performance (Nikki)	Age Group/AGD Performance (Nikki)	Youth (Nikki)	Swimmers to be on poolside for 5.45am
5.30-7.00pm At Woolverstone	Performance (Nikki)	Performance (Nikki)	Age Group Performance (Nikki)	Age Group Performance (Nikki)	Age Group Development (Dawn)	Age Group Development (Dawn)	Swimmers to bring skipping ropes
<b>Wednesday</b>							
6.00-7.00pm	Teaching Section – NPTS Stages 4 to 8 (Bev, Nancy, Ali, Stephen, Karen, Caroline)						
6.00-7.00pm	Performance Goal Setting & Land Work						Log Books, Pens, Goals
7.00-8.00pm	Performance (Nikki)	Performance (Nikki)	Juniors (Stephen)	Juniors (Ali)	Skill Development (Jon)	Skill Development (Karen)	
<b>Thursday</b>							
5.45-7.00am	Performance (Nikki)	Performance (Nikki)	Age Group Performance (Chris)	Age Group Performance/ Youth (Chris)	Age Group Development (Nikki)	Age Group Development (Nikki)	Swimmers to be on poolside for 5.30am
Diddy Polo 6.45pm 7.15/Mini Polo 7.15-8.00pm/Intermediate Polo 8.00-8.45pm All at Beacon Hill Pool with Chris.							
<b>Friday</b>							
7.00-8.00pm	Performance (Nikki)	Performance (Nikki)	Age Group Development (Stephen)	Age Group Development (Stephen)	Competitive Development (Jon)	Competitive Development (Jon)	Swimmers to be on poolside 15mins prior to start
8.00-9.00pm	Performance (Nikki)	Performance (Nikki)	Age Group Performance (Nikki)	Age Group Performance (Elaine)	Youth (Stephen)	Youth (Nigel)	
9.00-10.00pm	Club Squad (Chris)	Club Squad (Chris)	Club Squad (Chris)	Water Polo (Chris)	Water Polo (Chris)	Water Polo (Chris)	
<b>Sunday</b>							
6.00-7.00pm	Skill Development (Karen)	Skill Development (Karen)	Youth (Jon)	Youth (Jon)	Competitive Development (Dawn)	Competitive Development (Dawn)	
3.30-5.30pm At Woolverstone	Performance (Nikki)	Performance (Nikki)	Age Group Performance (Nikki)	Age Group Performance (Nikki)	Age Group Development (Stephen)	Age Group Development (Stephen)	Swimmers to bring skipping ropes and be on poolside 15mins prior
8:30 to 10:00pm Deben	Junior Water Polo Skills tactics and Match conditioning (Chris, sue,)						