

HBEST Notices (dated 18th June 2010)

Dear All,

Training is as follows: (Friday 18th – Saturday 26th)

Friday 18TH PM – AS NORMAL

Saturday AM – 7.15-(9-9.15) then 9.30-10.30 LAND

Sunday PM – 1-4pm EPS 1-4pm / ETS 1-3pm / ESS 1-2.30pm / EJPS 2.30-4pm

Mon AM – 5.20-6.50am David's squads

Mon PM – AS NORMAL (ESS & EPS Stretch 7.10-8pm) (EJPS & ETS train 2 hours)

Tues PM – AS NORMAL

Wed AM – AS NORMAL

Thurs PM – AS NORMAL

Fri AM – AS NORMAL

FRI PM – AS NORMAL

Sat 26TH AM – 7.15-(9-9.15) then 9.30-10.30 LAND

Well Done Swimmers!!!

We currently now have 15 National INDIVIDUAL qualifiers!!!!!!!
& 19 swimmers in total that will be going to NATIONALS!!!!!!!

Individuals

1. Sophie Wilson multiple events
2. Francesca Marr multiple events
3. Karley Mann multiple events
4. Tom Randall 100 / 200 Fly / 200 Back
5. Luke Spain 100 / 200 Brst / 200 Fly / 200 IM
6. Adam Wood 400 IM / 200 Back
7. Noah Foley 200 Back / 100 Back / 400 Free
8. Sarah Procter 100 Fly / 100 Free / 200 Free / 100 Brst / 200 Brst / 200 IM
9. Fiona McAndrew 200 Brst
10. Adam Prunty 200 Fly / 800 Free / 1500 Free / 200 Back
11. George Prunty 200 Back / 800 Free / 1500 Free
12. Sarah Harrington 1500 Free, 800 Free
13. Leon Berchie 200 Fly
14. Lauren O'Connor 200 Brst, 100m Brst
15. Bradley O'Connor 200 Brst, 100 Brst, 400 free, 200 free, 100 free, 400 IM

Teams

Youth Girls 400 Medley / 400 Free / 800 Free

(Squad: Karley Mann, Francesca Marr, Sophie Wilson, Sarah Procter, Sarah Quinn)

BAGCAT Girls 400 Medley / 400 Free / 800 Free
(Squad: Sarah Harrington, Georgia Collins, Daisy Fraser, Lorraine Bouch)

Julie has informed me if you have booked a room at Plymouth and are not going you only have until 30th June to cancel or you will be charged.

Thanks

David Hemmings

HBEST Head Coach