

Notices 25/6/10

Dear All,

Training is as follows: (Friday 26th June – Saturday 3rd July)

Saturday 26th June AM – 7.15-(9-9.15) then 9.30-10.30 LAND

Sunday PM – 1-2.45pm ALL SWIMMERS - so you can get home to watch England

Mon AM – 5.20-6.50am David's squads

Mon PM – AS NORMAL (EJPS Stretch 6.00-6.50pm & ETS 7.10-8pm) (EPS & ESS train 2 hours)

Tues PM – AS NORMAL

Wed AM – AS NORMAL

Thurs PM – AS NORMAL

Fri AM – AS NORMAL

FRI PM – AS NORMAL

Sat 3rd July AM – 7.15-(9-9.15) then 9.30-10.30 LAND

London Youth Games - 3rd July

Time: Coach will depart at 7.00am.

Return: Approx. 6pm but to be confirmed

Senior Team:

Adam Wood
Tom Randall
Faisal Bhatti
James Keeling

Karley Mann
Sarah Quinn
Francesca Marr
Katherine Neal

Junior Team:

Lucas Navarro
Callum Mitchell
Fravash Bilimoria
Louis South

Jaycee Sibley
Sarah Harrington
Lorraine Bouch
Hannah Page
Holly Esson

Good Luck to both teams.

Message from Julie...

Hi Dave

When you send your notice out, please can you say that the email provided by Plymouth to enter the 50m events was wrong and that it should be .co.uk and not .com

Thanks - Julie

Thanks

David Hemmings

HBEST Head Coach