

## **Notices – Friday 4<sup>th</sup> June 2010**

Dear All,

### **Training is as follows: (Friday 4<sup>th</sup> – Monday 14<sup>th</sup>)**

Friday PM – 6-8pm (All swimmers attending London Region BAGCATS session off)

Saturday AM – 7.15-9.15 then 9.30-10.30 LAND (This will be in majority Youth swimmers)

Sunday PM – 1-4pm (This will be in majority Youth swimmers – any of Gary's swimmers that are not at Regions train 1-3pm)

Mon AM – 5.20-6.50am (All swimmers attending London Region BAGCATS session off)

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 (All swimmers attending London Regions BAGCATS swim this session)

FRI PM – AS NORMAL (All swimmers attending London Region BAGCATS session off)

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Mon AM – 5.20-6.50am (All swimmers attending London Region BAGCATS session off)

### **Well Done Swimmers!!!**

We currently now have 14 National INDIVIDUAL qualifiers!!!!!!!!!!

#### **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
11. George Prunty 200 Back / 800 Free / 1500 Free
12. Sarah Harrington 1500m Free
13. Leon Berchie 200 Fly
14. Lauren O'Connor 200 Brst

### **Teams**

Youth Girls 400 Medley / 400 Free / 800 Free

### **Good Luck**

To both Diddy Teams competing this Saturday night and all swimmers competing at Regions this weekend.

Thanks

David Hemmings

HBEST Head Coach