

RNSS SUMMER TRAINING PROGRAMME 2010

DATE	SESSION 1 Mon & Thurs 7pm – 8pm Wed 6.30-7.30pm	SESSION 2 Mon & Thurs 8pm-9pm Wed 7.30pm-9pm
Mon 26th July	Water Polo 2 hour session (7pm to 9pm) YP, YC, SC, JM Squads Graham Forbes/Lesley	
Wed 28th July	Badges Gold Challenge & 800m Comp Perf Lesley/ Jenny/Dave	Honours Challenge & 800m/1500m Comp Perf Lesley/Jenny/Dave
Thurs 29th July	RS, JD, JP, JC Squads training Lesley/Ken	YC, YP, SC, JM Squads training Lesley/Ken
Mon 2nd Aug	RS, JD, JP, JC Squads training Lesley/Dave	YC, YP, SC, JM Squads training Lesley/Dave
Wed 4th Aug	Starts/Turns session RS & J Squads Lesley/all available coaches	Starts/Turns session Y and S Squads Lesley/All available coaches
Thurs 5th Aug	RS, JD, JP, JC Squads training Lesley/Ken	YC, YP, SC, JM Squads training Lesley/Ken
Mon 9th Aug	RS, JD, JP, JC Squads training Lesley/Dave	YC, YP, SC, JM Squads training Lesley/Dave
Wed 11th Aug	NO TRAINING	
Thurs 12th Aug	NO TRAINING	
Mon 16th Aug	NO TRAINING	
Wed 18th Aug	NO TRAINING	
Thurs 19th Aug	NO TRAINING	
Mon 23rd Aug	NO TRAINING	
Wed 25th Aug	RS, JD, JP, JC Squads training Lesley/Jenny	YC, YP, SC, JM Squads training Lesley/Jenny
Thurs 26th Aug	RS, JD, JP, JC Squads training Lesley/Ken	YC, YP, SC, JM Squads training Lesley/Ken
Mon 30th Aug	BANK HOLIDAY NO TRAINING	
Wed 1st Sept	RS, JD, JP, JC Squads training Lesley/Jenny	YC, YP, SC, JM Squads training Lesley/Jenny
Thurs 2nd Sept	RS, JD, JP, JC Squads training Lesley/Dave	YC, YP, SC, JM Squads training Lesley/Dave
Sat 4th Sept	Witney Relay Gala	
Sun 5th Sept	Normal training Resumes	
NOTES	<p>1. All holiday sessions at Merchant Taylors Pool</p> <p>2. Badge session include Gold Challenge, Honours Challenge, 800m Competitive Performance Timed Swim. No need to book, just turn up. Syllabus for each available on the website. MS welcome to the early badge session for Gold Challenge.</p>	