

SLIABH BEAGH ASC

CHRISTMAS 2014 AND NEW YEAR 2015 TRAINING SCHEDULE

DATE	POOL TIME	SQUAD	COACH FOR SESSION	VENUE	REMARKS
20/12/14	0800 - 0900	Development	Ita / Peter / Anna / Sarah	Pool	Last session until Sat 10/1/2015
20/12/14	1700 - 2030	<i>ALL SQUADS</i>	<i>ALL COACHES</i>	<i>POOL</i>	<i>Club Record Gala</i>
21/12/14		NO TRAINING			
22/12/14	0600 – 0800	Senior & Inter	Eamon & Linda	Pool 4 lanes to 0715 / 0720	3 lanes until 0800
23/12/14	0600 – 0830	Senior & Inter	Noel & Marcin	Pool & Gym	Gym 0845 – 0930
23/12/14	1630 – 1800 1800 - 1900	Senior Aquasprint and Junior as normal	Dana Ita	Pool	
24/12/14	1200 - 1430	Senior & Inter	Eamon & Noel	Pool & Gym	Pool side gym work in session
28/12/14	0700 – 1000 0800 - 1000	Senior, Inter, Aquasprint and Junior as normal	Tomasz & Marcin Ita, Dana, Linda	Pool & Gym as normal for all squads	Tomasz & Marcin Simon & Mary
29/12/14	0600 - 0800	Senior & Inter	Eamon & Linda	Pool 4 lanes to 0715 / 0720	3 lanes until 0800
30/12/14	0600 - 0900	Senior & Inter	Noel & Marcin	Pool & Gym	Gym 0915 - 1015
30/12/14	1630 – 1730 1730 – 1900 1900 - 2000	Junior & Senior Aquasprint Squads and Junior as normal	Linda Dana Ita		
31/12/14	1000 - 1300	Senior & Inter	Tomasz & Dana	Pool & Gym	Gym 0845 – 0945
3/1/2015	0800 - 1000	Senior & Inter	Eamon & Ita	Pool & Gym 3 lanes 9 - 10	Gym 1015 - 1115
4/1/15	0700 – 1000 0800 - 1000	Senior, Inter, Aquasprint and Junior as normal	Tomasz & Marcin Ita, Dana, Linda	Pool & Gym as normal for all squads	Tomasz & Marcin Simon & Mary
5/1/15	Off	None			
6/1/15		BACK TO NORMAL	Noel & Marcin	TIMES	