

**HIGH PERFORMANCE SQUAD  
TRAINING TIMES  
TERM 1/2008  
4<sup>th</sup> February – 20<sup>th</sup> March**

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**TERM 1 TRAINING TIMES**

DAY	AM	PM
MONDAY	5.45-7.30 (GYM)	5.20-7.30
TUESDAY		5.00-7.15
WEDNESDAY	5.15-7.00 (GYM)	4.00-6.00 (G)
THURSDAY	5.15-7.00	
FRIDAY	5.45-7.30	5.20-7.30
SATURDAY	6.00-8.00	

(G) = GREENSBOROUGH (If high temperatures are expected training will be returned to IGS and all swimmers will be notified)

**TRAINING CHANGES ON:**

4.30-6PM FRIDAY PM – 15<sup>th</sup> February – TIME TRIALS

4.30-6PM FRIDAY PM – 14<sup>th</sup> March – TIME TRIALS

NO TRAINING    FEB 8<sup>TH</sup>    PM ONLY DUE TO SCHOOL USE\*  
                         FEB 22<sup>ND</sup>    PM ONLY DUE TO SCHOOL USE\*  
                         FEB 29<sup>TH</sup>    PM ONLY DUE TO SCHOOL USE\*

**\*SWIMMERS ARE EXPECTED TO MAKE SESSIONS - PLEASE SEE JOANNE SHOULD YOU HAVE ANY PROBLEMS**

**SWIM MEET CALENDER** – ENTRY FORMS AND FLYERS ON WEBSITE.

**SATURDAY 9<sup>th</sup> Feb    State Sprints (11ys/over)**

**SUNDAY 2<sup>ND</sup> March    LAST BLAST**