

## 2007 District Regional Programme Information Sheet – Aberdeen 2 Squad

### Lead Coach

Anthony Stickland

### Team Manager

Lynn Alderton (16/09/07) 07732 718086

Izzy Davidson (18/10/07 and 16/12/07) 07753 749301

### Venue

Robert Gordon University Pool

### Dates

Sundays 16/09/07

28/10/07

16/12/07

### Programme

Time	Facility
8.00 – 9.00	Pool
9.15 – 10.00	Land
10.00 -11.00	Pool
11.00 – 12.00	Lunch
12.00 – 12.45	Education
13.00 – 14.00	Pool
14.15 – 15.00	Land
15.00 – 16.00	Pool

### Clubs taking part

Aberdeen Dolphins, Alford Otters, Bon Accord Thistle, Bucksburn,  
Stonehaven, Upper Deeside, Westhill District

### Things to bring

Bottled water/drinks/fluids

Kick board/pullbuoy

Land training kit

Several costumes and towels

Snacks for during the day and a packed lunch

A coach or two!

Some parents to help with timekeeping in morning pool sessions

### Any Questions or Problems

Call me!

Lynn Alderton

North District Swimming Convenor

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