

## **2007 District Regional Programme Information Sheet – Aberdeenshire Squad**

### **Lead Coach**

Ciaran O'Brien  
07968 504633

### **Team Manager**

Maggie Fowler  
01358 761312

### **Venue**

Ellon Pool and Community Centre

### **Dates**

Sundays      16/09/07  
                    28/10/07  
                    16/12/07

### **Programme**

Time	Facility
09.00 – 10.00	Pool
10.15 – 11.00	Land
11.15 – 12.15	Pool
12.30 – 13.00	Lunch
13.00 – 13.45	Education
14.00 – 15.00	Pool
15.15 – 16.15	Land
16.30 – 17.30	Pool

### **Clubs taking part**

Garioch, Ythan, Bridge of Don, Peterhead, Broch Seals and Huntly

### **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  
Something warm to wear for walking between buildings  
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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