

2007 District Regional Programme Information Sheet - Highland squad

Lead Coach

Ally White 01786 466520

Team Manager

Mhairi More (16/09/07) 01463 224675

Alan Thomson (18/11/07 and 16/12/07) 07980 922076

Venue

Inverness Aquadome

Dates

Sundays 16/09/07

18/11/07

16/12/07

Programme

Time	Facility
08.00 – 09.00	Pool
09.15 – 10.00	Land
10.00 – 10.45	Education
11.00 – 12.00	Pool
12.00 – 13.00	Lunch
13.00 – 14.00	Pool
14.15 – 15.00	Land
15.00 – 16.00	Pool

Clubs taking part

Buckie

Elgin

Forres Bluefins

Inverness

Thurso

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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