



2011 - 2012 TRAINING TIMES FOR PSC.

PERFORMANCE SQUAD			LAND / WATER		VENUE	LAND / WATER
DAY	AM	VENUE		PM		
MONDAY	04:45 - 07:00	WEST VIEW L.C.	POOL & LAND	17:00 - 19:00	WEST VIEW L.C.	
TUESDAY				16:00 - 19:00	MANCHESTER	LAND & POOL
WEDNESDAY	04:45 - 07:00	WEST VIEW L.C.	POOL & LAND	16:00 - 19:00	MANCHESTER	LAND & POOL
THURSDAY				16:30 - 19:00	PALATINE L.C.	POOL
FRIDAY	04:45 - 07:00	WEST VIEW L.C.	POOL & LAND	16:30 - 18:30	WEST VIEW L.C.	POOL
SATURDAY	05:45 - 08:00	FULWOOD L.C.	POOL			
SATURDAY	08:15 - 09:00	FULWOOD L.C.	LAND			
SUNDAY	DAY OFF			DAY OFF		
TOTALS		POOL	18HRS			
		LAND	5HRS+			

A SQUAD			LAND / WATER		VENUE	LAND / WATER
DAY	AM	VENUE		PM		
MONDAY	05:00 - 06:30	FULWOOD L.C.	POOL	18:00 - 20:00	St. ANTHONYS	60 MINS PER GROUP
TUESDAY	05:00 - 07:00	WEST VIEW L.C.	POOL			
WEDNESDAY				18:00 - 20:00	WEST VIEW L.C.	POOL
THURSDAY	05:00 - 07:00	WEST VIEW L.C.	1 HR LAND; 1 HR POOL	18:00 - 20:00	WEST VIEW L.C.	POOL
FRIDAY				18:30 - 20:30	WEST VIEW L.C.	POOL
SATURDAY	06:00 - 08:00	WEST VIEW L.C.	POOL			
SATURDAY	08:15 - 09:00	WEST VIEW L.C.	LAND			
SUNDAY	DAY OFF			DAY OFF		
TOTALS		POOL	13.5 HRS			
		LAND	2.5 HRS			

SPRINT SQUAD			LAND / WATER		VENUE	LAND / WATER
DAY	AM	VENUE		PM		
MONDAY						
TUESDAY	05:00 - 07:00	WEST VIEW L.C.	POOL			
WEDNESDAY						
THURSDAY	05:00 - 07:00	WEST VIEW L.C.	1 HR LAND; 1 HR POOL	20:00 - 21:00	FULWOOD L.C.	POOL
FRIDAY				20:30 - 21:30	WEST VIEW L.C.	POOL
SATURDAY				16:00 - 17:00	WEST VIEW L.C.	POOL
SUNDAY				19:00 - 20:00	FULWOOD L.C.	POOL
TOTALS		POOL	7 HRS			
		LAND	1 HR			

B SQUAD			LAND / WATER		VENUE	LAND / WATER
DAY	AM	VENUE		PM		
MONDAY						
TUESDAY				20:00 - 21:00	FULWOOD L.C.	POOL
WEDNESDAY				20:00 - 21:15	FULWOOD L.C.	POOL
THURSDAY				20:00 - 21:00	FULWOOD L.C.	POOL
FRIDAY						
SATURDAY	06:00 - 08:00	WEST VIEW L.C.	POOL / INVITED	16:00 - 18:00	WEST VIEW L.C.	POOL
SATURDAY	08:15 - 09:00	WEST VIEW L.C.	LAND / INVITED			
SUNDAY				16:00 - 18:00	WEST VIEW L.C.	POOL
TOTALS		POOL	7.25 HRS			
		LAND	45 MINS			

C SQUAD			LAND / WATER		VENUE	LAND / WATER
DAY	AM	VENUE		PM		
MONDAY						
TUESDAY				20:00 - 21:00	FULWOOD L.C.	POOL
WEDNESDAY				20:00 - 21:00	FULWOOD L.C.	POOL

THURSDAY						
FRIDAY				20:00 - 21:00	FULWOOD L.C.	POOL
SATURDAY				17:00 - 18:00	WEST VIEW L.C.	POOL
SUNDAY				16:00 - 17:30	WEST VIEW L.C.	POOL
	TOTALS	POOL	5.5HRS			
		LAND	0			

D SQUAD			LAND / WATER			LAND / WATER
DAY	AM	VENUE		PM	VENUE	
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY				19:00 - 20:00	KIRKHAM BATHS	POOL
FRIDAY				20:00 - 21:00	FULWOOD L.C.	POOL
SATURDAY						
SUNDAY				17:30 - 19:00	WEST VIEW L.C.	POOL
	TOTALS	POOL	2.5 HRS			
		LAND	0			

PRE-MDS SQUAD			LAND / WATER			LAND / WATER
DAY	AM	VENUE		PM	VENUE	
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY				18:00 - 19:00	FULWOOD L.C.	POOL
	TOTALS	POOL	1.0 HRS			
		LAND	0			