

# FDSC - FORTHCOMING TRAINING SESSION CHANGES & Holiday Training Times

		Date	Pool	Squads (*by invitation)	Details	Time	Coach / Notes						
<b>NOVEMBER</b>		<b>2007</b>											
Friday	pm	30th	BHS	Plat / Sprint / Gold / Silver	Land Training Cancelled								
<b>DECEMBER</b>		<b>2007</b>											
Sunday	am	2nd	BHS	Plat/Gold/Sprint/Silv/Bridging	Normal	07:00-09:00							KB
Sunday	pm	2nd	FLIT	Plat/Gold/Sprint	Normal	19:00 - 20:30				TBA			
Monday	pm	3rd	BHS	TRIALS		19:30 - Finish					DB		
Monday	pm	17th	BHS	Plat/Gold/Sprint	Normal	19:00 - 21:00					DB		
Monday	pm	17th	FLIT	Silver/Bronze	Normal	19:00 - 20:00						RG	
Tuesday	pm	18th	BHS	Platinum	Holiday Training Times	18:00 - 20:00					DB		
Wednesday	pm	19th	BHS	Platinum/Sprint	Holiday Training Times	17:30 - 19:30					DB		
Wednesday	pm	19th	FLIT	Silver/Bronze/Gold/Sprint/Diam	Normal	19:00 - 22:00						RG	
Friday	am	21st	FLIT	Platinum/Gold	Normal	06:00-07:30/08:00					DB		
Friday	pm	21st	BHS	Plat/Gold/Sprint/Silver	Land and Pool	18:00 - 21:00					DB	TM	
Saturday	pm	22nd	BHS	All Swimmers	Holiday Training Times	12:00 - 14:00					DB		
Sunday	am	23rd	BHS	Plat/Gold/Sprint/Silv/Bridging	Normal	07:00 - 0900							SD
Sunday	pm	23rd	FLIT	Platinum/Gold	Normal	19:00 - 20:30				TBA			
Monday	pm	24th	Both		CANCELLED								
Tuesday	pm	25th	Both		CANCELLED								
Wednesday	pm	26th	Both		CANCELLED								
Thursday	pm	27th	BHS	All Swimmers	Holiday Training Times	15:00 - 17:00					DB		
Friday	am	28th	FLIT	All Swimmers	Holiday Training Times	09:00 - 11:00					DB		
Friday	pm	28th	BHS		CANCELLED								
Saturday	pm	29th	BHS	All Swimmers	Holiday Training Times	12:00-14:00					DB		
Sunday	am	30th	FLIT	All Swimmers	Holiday Training Times	09:00 - 11:00							SD
Monday	pm	31st	BHS	All Swimmers	Holiday Training Times	17:00 - 19:00					DB		
Monday	pm	31st	FLIT		CANCELLED								
<b>JANUARY</b>		<b>2008</b>											
Wednesday	pm	2nd	BHS	Platinum/Sprint	Normal	18:30 - 20:30					DB		
Wednesday	pm	2nd	FLIT	Silver/Bronze/Gold/Sprint/Diam	Normal	19:00 - 22:00							SD
Monday	pm	7th	BHS	TRIALS		19:30 - Finish					DB		