

RUSHMOOR SYNCHRONISED SWIMMING CLUB

TRAINING SCHEDULE FOR JANUARY 2008

It is VITAL that ALL swimmers attend EVERY Display practice this month (GB swimmers are the ONLY exception). It is not fair on your team mates if you keep missing rehearsals. For those swimmers who have not attended any practices in December then unfortunately you will not be in the closing routine.

Saturday 5 Jan	8.00-9.30am		Those with Skill Levels 2 & 3 Diving Pit	Those with Skill Levels 4 & 5 Dance Studio
	9.30-11.00am	Guildford Spectrum	Those with Skill Levels 4 & 5 Diving Pit	Those with Skill Levels 2 & 3 Club Room
	6.00 – 7.00pm	Farnborough Dance Studio	Available for team walkthroughs	
	6.00-9pm	Farnborough Pool	Display Training ALL TO ATTEND	
Tuesday 8 Jan	7.30-9.00pm	Farnborough	All to attend Tickets for Display will be on sale	
Wednesday 9 Jan	7.30-9.00pm	Aldershot	Stamina.	
	8.00-9.30am		Those with Skill Levels 4 & 5 Diving Pit	Those with Skill Levels 2 & 3 Dance Studio
	9.30-11.00am	Guildford Spectrum	Those with Skill Levels 2 & 3 Diving Pit	Those with Skill Levels 4 & 5 Club Room
	8.00 –10.00am	Guildford High School	Those with no Skill Level and Skill Level 1	
	6 - 9pm	Garrison	Display Training ALL TO ATTEND Any swimmer NOT attending tonight will be taken out of the closing routine	
	6.00 – 7.00pm	Farnborough Dance Studio FLEX	CANCELLED	
	6.00-9pm	Farnborough Pool	DRESS REHEARSAL Hair is to be gelatined.	
Tuesday 14 Jan	7.30-9.00pm	Farnborough	All to attend – Final run through for the Display	
Wednesday 15 Jan	7.30-9.00pm	Aldershot	Stamina.	
	8.00 – 9.30 am		Those with Skill Levels 2 & 3 Diving Pit	Those with Skill Levels 4 & 5 Dance Studio
	9.30-11.00am	Guildford Spectrum	Those with Skill Levels 4 & 5 Diving Pit	Those with Skill Levels 2 & 3 Dance Studio
	8.00– 10am	Guildford High School	Those with no Skill Level and Level 1	
Sunday 20 Jan	4.00 – 9.00pm		DISPLAY	
			All swimmers and helpers to be there by 4pm. Swimmers are to have hair up and gelatined. First show at 5pm and second show at 7.15pm If you have not already done so, please hand a raffle prize to Kate or Jan	
Tuesday 22 Jan	7.30-9.00pm	Farnborough	All to attend	
Wednesday 23 Jan	7.30-9.00pm	Aldershot	Stamina.	
Saturday 26 Jan	8.00 – 9.30 am		Those with Skill Levels 4 & 5 Diving Pit	Those with Skill Levels 2 & 3 Dance Studio

	9.30-11.00am		Those with Skill Levels 2 & 3 Diving Pit	Those with Skill Levels 4 & 5 Dance Studio
	8.00– 10am	Guildford High School	Those with no Skill Level and Level 1	
Sunday 27 Jan	6 - 7pm	Studio	FLEX – open to all	
	6 – 7.30pm 7.30 – 9pm	Farnborough Pool	12U Squad 13/14 and 19U	
Tuesday 29 Jan	7.30-9.00pm	Farnborough	All to attend	
Wednesday 30 Jan	7.30-9.00pm	Aldershot	Stamina.	