

**RUSHMOOR SYNCHRONISED SWIMMING CLUB
AMENDED SCHEDULE FOR JANUARY 2011**

Because of the changes to teams we now have several definitions of the groups as follows:

Tuesday and Wednesday - ALL swimmers to attend unless permission has been granted by the Chairperson for non attendance.

Saturday morning – Swimmers attend relevant sessions based solely on their age

Garrison – All swimmers in a team squad are to attend

Sundays – For land training ALL swimmers are to attend their age group session but for team training only those in the Team 2011 list are to attend.

If anyone is unsure whether to attend a session or not then please drop me an email. (jan.mattinson@gmail.com)

Dates for 2011 are as below. Please put these in your diary now.

Garrison - Jan 22nd, Feb 19th, March 5th & 19th, April 2nd & 16th, May 14th, June 18th, July 2nd (could be a skill assessment) & 16th, Sept 10th & 17th, Oct 8th & 22nd, Nov 12th & 19th.

Selection dates :-

British Champs - Sunday 27th February

Age group team and 19U combo - Sunday 3rd July;

British Championship will be held over Easter Weekend 2011

Tues 4 Jan	Farnborough Pool	7.30-9.00pm	All to attend
Weds 5 Jan	Aldershot Pool	7.30-9.00pm	All to attend
Sat 8 Jan	Guildford Spectrum	13/14 8.00 – 9.30 am POOL 10.00 – 11.00 am Land training 15/16/17 8.00 – 9.15 am Land training 9.30 – 10.45 am POOL 12U + Stage 2 9.15 – 10.00am Land training 10.00 – 10.30am Splits practice – Squash Court 10.45 – 12.00pm POOL	
Sun 9 Jan	Land training Farnborough Pool	6.00-7.00pm 6.00-7.30pm 7.30-9.00pm 6.00-9.00pm	13/14 age group 12U age group team 13/14 age group team 15+ age group team
Tues 11 Jan	Farnborough Pool	7.30-9.00pm	All to attend
Weds 12 Jan	Aldershot Pool	7.30-9.00pm	All to attend
Sat 15 Jan	Guildford Spectrum	13/14 8.00 – 9.30 am POOL 10.00 – 11.00 am Land training 15/16/17 8.00 – 9.15 am Land training 9.30 – 10.45 am POOL 12U + Stage 2 9.15 – 10.00am Land training 10.00 – 10.30am Splits practice – Squash Court 10.45 – 12.00pm POOL	
Sun 16 Jan	Land Training Farnborough Pool	6.00-7.00pm 6.00-7.30pm 7.30-9.00pm 6.00-9.00pm	12U age group 19U combo team 12U age group team 15+ age group
Tues 18 Jan	Farnborough Pool	7.30-9.00pm	All to attend
Weds 19 Jan	Aldershot Pool	7.30-9.00pm	All to attend
		13/14	

Sat 22 Jan	Guildford Spectrum	8.00 – 9.30 am 10.00 – 11.00 am 15/16/17 8.00 – 9.15 am 9.30 – 10.45 am 12U + Stage 2 9.15 – 10.00am 10.00 – 10.30am 10.45 – 12.00pm	POOL Land training Land training POOL Land training Splits practice – Squash Court POOL
	Garrison	6.00-9.00pm	All to attend (including Trainee Routine Group)
Sun 23 Jan	Land Training Farnborough Pool	6.00-7.00pm 6.00-7.30pm 7.30-9.00pm 6.00-9.00pm	19U combo team 13/14 age group team 19U combo team 15+ age group team
Tues 25 Jan	Farnborough Pool	7.30-9.00pm	All to attend
Weds 26 Jan	Aldershot Pool	7.30-9.00pm	All to attend
Sat 29 Jan	Guildford Spectrum	13/14 8.00 – 9.30 am 10.00 – 11.00 am 15/16/17 8.00 – 9.15 am 9.30 – 10.45 am 12U + Stage 2 9.15 – 10.00am 10.00 – 10.30am 10.45 – 12.00pm	POOL Land training Land training POOL Land training Splits practice – Squash Court POOL
Sun 30 Jan	Land Training Farnborough Pool	6.00-7.00pm 6.00-7.30pm 7.30-9.00pm 6.00-9.00pm	13/14 age group 12U age group team 13/14 age group team 15+ age group team