

CARIFTA SQUAD TRAINING SCHEDULE

April 4-April 22, 2011

Date	Time	Coaches	Location
Mon 4-Apr	4.50 am-6.45am	Nathan/Tornadoes/Swimaz	Stadium
Wed 5-Apr	3.50pm-5.45 pm	Nathan/Wendy/Syreeta	Stadium
Sat 9-Apr	5.50 am-8.30 am	Syreeta / Speedos/Tornadoes	UWI (TBC)
Mon 11-Apr	4.50 am-6.45am	Nathan/Speedos/Swimaz	Stadium
Tues 12-Apr	3.50pm-5.45 pm	Nathan/Wendy/Syreeta	Stadium
Wed 13-Apr	3.50pm-5.45 pm	Nathan/Wendy/Syreeta	Stadium
Thurs 14-Apr	3.50pm-5.45 pm	Nathan/Wendy/Syreeta	Stadium
Fri 15-Apr	3.50pm-5.45 pm	Nathan/Wendy/Syreeta	Stadium
Sat 16-Apr	5.50 am-8.30 am	Nathan/Wendy/Syreeta	Stadium
Sat 16-Apr	3.00p.m-4.00 pm	Nathan/Wendy/Syreeta	Stadium
Mon 18-Apr	4.50 am-6.45am	Nathan/Tornadoes/Swimaz	Stadium
Tues 19-Apr	3.50pm-5.45 pm	Nathan/Wendy/Syreeta	Stadium
Wed 20-Apr	3.50pm-5.45 pm	Nathan/Wendy/Syreeta	Stadium
Fri 22-Apr	TBC	Nathan/Syreeta	Barbados !!!

Please note

1. CARIFTA team training sessions are mandatory. Swimmers should maintain 85% attendance
2. Swimmers must be on time for all training sessions. If swimmers are more than 15 minutes late they will not be allowed into the training session unless the coaches have been notified in advance.
3. All swimmers must be prepared for training with their own equipment and fluids