

NATIONAL SQUAD SCHEDULE NOVEMBER – DECEMBER 2008

Date	Time	Group	Coach
Wed Nov 5	4.55 – 6.45am	JS/SS	JW
Wed Nov 5	4.15 – 5.45pm	DS	JW
Fri Nov 7	4.55 – 6.45am	SS	JW
Mon Nov 10	4.55 – 6.45am	JS	NB
Tues Nov 11	4.55 – 6.45am	SS	JW
Wed Nov 12	4.55 – 6.45am	JS/SS	LL
Wed Nov 12	4.15 – 5.45pm	DS	JW
Mon Nov 17	4.55 – 6.45am	JS/SS	JW
Mon Nov 17	4.15 – 6.15pm	SS	JW
Wed Nov 19	4.55 - 5.45am	JS	NB
Fri Nov 21	5.30 – 6.45am	DS	MJ
Mon Nov 24	4.15 – 5.45pm	DS	SB
Tues Nov 25	4.55 – 6.45am	JS/SS	JW
Wed Nov 26	4.15 – 6.00pm	JS/SS	JW
Mon Dec 1	4.55 – 6.45am	SS	JW
Mon Dec 1	4.00 – 6.00pm	JS	MJ
Wed Dec 3	4.55 – 6.45am	JS/SS	LL/NB
Wed Dec 3	3.30 – 5.00pm	DS	JW
Fri Dec 5	4.55 – 6.45am	SS	JW
Tues Dec 9	4.55 – 6.45am	SS	JW
Wed Dec 10	4.55 – 6.45am	JS	NB
Fri Dec 12	5.30 – 6.45am	DS	MJ
Mon Dec 15	4.00 – 5.30pm	DS	SB
Wed Dec 17	4.55 – 6.45am	JS/SS	JW

Dec 27 – 30 Camp with Coach Rob Emary of Broward Aquatics Swim Club, Florida. This year swimmers will be invited to the camp based on their attendance at squad and club training and on the recommendation of their club coach. Also swimmers who are presently not on squad, but are in the top 5 in the rankings, maybe invited after consultation with their club coach.