

NATIONAL SQUAD CAMP MARCH 4 –6<sup>TH</sup>,2005  
NATIONAL STADIUM POOL

To be conducted by Chris Anderson – Head coach Comets Swim Club, Pembroke Pines, Florida. Chris Coaches Jamaican Olympian Alia Atkinson. He will be assisted by National Squad coaches Lynval Lowe, Barrington Brown and Prince Easton.

**KEY**

JS – JUNIOR SQUAD

ES – ELITES SQUAD

DS – DEVELOPMENT SQUAD

**FRI MAR 4<sup>TH</sup>**

5.00 – 6.45AM	ALL SQUADS	POOL
4.00 – 6.00PM	JS& ES	POOL

**SAT MAR 5<sup>TH</sup>**

6.00 – 8.00AM	JS & ES	POOL
8.00 - 9.00AM	JS &ES	DRYLAND
10.00 – 12.00PM	DS	POOL
2.00 – 3.00PM	ALL SQUADS	CLASSROOM
3.30 – 5.30PM	JS & ES	POOL

**SUN MAR 6<sup>TH</sup>**

9.00 – 11.00 AM	ALL SQUADS	POOL
11.00 – 12.00PM	WRAP UP	