

Training Squads Timetable

Starting Monday 29th April 2019

Head Coach

Peter Burgon

027 242 8076

peter.burgon@born2swim.co.nz

Junior Development & Age Group Coach

Louise Boyle

027 302 9004

Gold squad bookings

louise@born2swim.co.nz



Coaching Services Limited

<u>National Squad</u>			<u>JAG Squad</u>		<u>J Squad</u>	
	AM	PM	AM	PM	AM	PM
Mon	6.00-7.30	5.00-7.00	Mon	4.15-5.45	Mon	4.00-5.00
Tues		5.00-6.00	Tues	6.00-7.30	Tues	6.00-7.00
Wed	6.00-7.30	5.00-7.00	Wed	4.15-5.45	Wed	4.00-5.00
Thur		5.00-7.00	Thur	6.00-7.30	Fri	4.00-5.00
Fri	6.00-7.30	5.00-6.30	Fri	5.00-6.30	Sat	8.30-9.30
Sat	7.00-9.00		Sat	7.00-8.30		

<u>Youth Squad</u>			<u>B Squad</u>		<u>Tri Squad</u>	
	AM	PM	AM	PM	AM	
Mon	6.00-7.30	5.00-7.00	Mon	5.45-7.00	Mon	5.30-7.00
Tues		5.00-6.00	Tues	4.00-5.00	Tues	5.30-7.00
Wed	6.00-7.30	5.00-7.00	Wed	5.45-7.00	Thur	5.30-7.00
Thur		5.00-7.00	Thur	6.00-7.30	Fri	5.30-7.00
Fri	6.00-7.30	5.00-6.30	Sat	8.30-9.30	Sat	7.00-8.30
Sat	7.00-9.00					

<u>A Squad</u>		<u>C Squad</u>		
	AM	PM	AM	
Mon		5.15-7.00	Mon	4.00-5.15
Tues	6.00-7.30	5.00-6.00	Tues	6.00-7.00
Wed		5.15-7.00	Wed	4.00-5.15
Thur	6.00-7.30	5.15-7.00	Thur	6.00-7.00
Fri		5.00-6.30	Fri	4.00-5.00
Sat	7.00-8.30		Sat	8.30-9.30

Land Training
Tuesday and Friday 4pm
JAG, A & Youth Squads



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www.jasi.swimming.org.nz

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