

CARIFTA SQUAD TRAINING SCHEDULE 2011

| Date: | Time | Coaches | Location |
|----------------|-------------------|---------------------------|-----------------|
| Sat. 12/3/2011 | 6:50 am- 9:30 am | Nathan/ Wendy/ Syreeta | Stadium |
| Mon. 14/03/11 | 4:50am - 6:45 am | Nathan/ Swimaz /Tornadoes | Stadium |
| Wed. 16/03/11 | 3.50 pm - 5.45 pm | Nathan/ Wendy/Syreeta | Stadium |
| Sat. 19/03/11 | 5:50 am - 8:30 am | Nathan/ Wendy/ Syreeta | Stadium |
| Sat. 19/03/11 | 3:00 pm - 4.00 pm | Nathan/Wendy/Syreeta | Stadium |
| Mon. 21/03/11 | 4:50 am - 6:45 am | Nathan/YSpeedos/Tornadoes | Stadium |
| Wed. 23/03/11 | 3.50 pm - 5.45pm | Nathan/ Wendy/Syreeta | Stadium |
| Sat. 26/03/11 | 7.00am -9.30 am | Nathan/Wendy/Syreeta | tbc |
| Sat. 26/03/11 | 3:00 pm - 4.00 pm | Nathan/Wendy/Syreeta | tbc |
| Mon. 28/03/11 | 4:50 am - 6:45 am | Nathan/ YSpeedos/Swimaz | Stadium |
| Wed. 30/03/11 | 3:50 pm - 5.45 pm | Nathan/ Wendy/Syreeta | Stadium |
| Sat. 02/04/11 | 5:50 am - 8:30 am | Nathan/Wendy/Syreeta | Stadium |
| Sat. 02/04/11 | 3:00 pm - 4.00 pm | Nathan/Wendy/Syreeta | Stadium |

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 informed in advance that the swimmer will be late.
3. All swimmers must come prepared for training with their own kickboard, pull buoy, fins, goggles, caps and fluids. Snorkels are optional.
4. 12 & under swimmers who have been entered in Mayberry Prep School Meet are exempt from training on March 26 and should attend the swim meet.
5. Additional training sessions will be organized for April 4-20 and swimmers will be informed of this training schedule.

March 12, 2011