

## **LANES TRAINING GROUPS FOR NAGS**

25<sup>TH</sup> April 2014

Hi there,

This plan for squad training Sunday and Monday:

We have two groups training in pool:

### **First Group**

Sun 5pm - 5.45pm and Mon 9 - 9.45am

Nick Pryde, Caitlin Deans, Devon Familton, Cecilia Crooks, Erin Ford, Alice Moran, George Gray, Anna Lindsay, Olivia Gold

### **Second Group**

Sun 5.45pm - 6.30pm pm and Mon 9.45 - 10.30am

Andrew Trembath, Benjamin Simmers, Ronald Poon, Han Zhang, Michael Gray, Courtland Ellis, Tame Govaerts, Greagh Williams, Matthew Gillespie

Meet squad in pool 15 minute prior sessions

Regards,  
Gennadiy