**GBDSC Short Course Training Weekend**

**University of York Sport Village**

**Lakeside Way**

**Heslington**

**York YO10 5FG**

**23rd-25th November 2018**

**Friday 23rd**

7.30-9pm Swim Training 8 lanes (All squads)

**Saturday 24th**

7-8.30am Swim Training 4 lanes (Performance Squad & Senior swimmers)

12.30-1.20 Sports Science & Nutrition talk (Small Studio) (Development Squad)

1.30-2.30pm Land Training (Main Studio) (Development Squad)

3-5pm Swim Training 4 lanes (Development Squad)

3pm Committee Meeting (Small Studio)

5-6.30pm Swim Training 4 lanes (Performance Squad & Senior Swimmers)

6.45-7.45pm Land Training (Main Studio) (Performance Squad & Senior Swimmers)

**Sunday 25th**

7-8.30am Swim Training 4 lanes (Development Squad)

1-3pm Swim Training 4 lanes (Performance Squad & Senior Swimmers)

**Parents & Swimmers!**

**Please feel free to ask questions at any time during the weekend. Any member of the committee will be happy to assist or direct you to the best person to help.**

**Please remember all swimmers are the responsibility of their parents over the weekend except during training times.**

**ENJOY THE WEEKEND**

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