

CASC Coach & Teacher Rota (January 2016)

Time	1700	1730	1800	1830	1900	1930	2000	2030	2100	2					
					Sun @ Corsham	Lane 1	Lyn Cairns (L1)								
						Lane 2	Gary Brown (L1)								
						Lane 3	Nigel Butler (L2) & David Jacomb								
						Lane 4	Shaun Cairns								
										Mon @ Bath Uni (50m Pool)		Lane 4	Nigel Butler (L2)		
					Tue @ Olympiad	Lane 1	Heather Butler (L2)	Lyn Denning (L2) & Joe Clymer			Lyn Denning (L2) & Tony Wright (L1)				
						Lane 2	& Caroline Lavelle	Mike Lewis & Joe Clymer			Mike Lewis & Tony Wright (L1)				
						Lane 3	Ben Holloway (L2)	Stephen Miller (L2) & Ben Holloway (L2)			Gary Brown (L1)				
						Lane 4	Marianna Hare (L1)	Marianna Hare (L1) & Amy Hall (L1)			Scott Garrett (L2)				
										Wed @ Olympiad	Lane 1	Nigel Butler (L2) & David Jacomb			
											Lane 2	Lyn Cairns (L1)			
Lane 3	Gary Brown (L1)														
Lane 4	Chris Hardick (L2)														
Thu @ Corsham	Lane 1	Heather Butler (L2), Bryony Cairns (L1), Tegan Cairns, Sonia Ward	Heather Butler (L2), Bryony Cairns (L1), Tegan Cairns, Sonia Ward	Marianna Hare (L1) and Caroline Lavelle			Marianna Hare (L1) & Lindsay Gibbons								
	Lane 2			Marianna Hare (L1) and Caroline Lavelle			Tony Wright (L1)								
	Lane 3		Ben Holloway (L2)			Nigel Butler (L2) & Gary Brown (L1)									
	Lane 4		Ben Holloway (L2)			Nigel Butler (L2) & Lyn Cairns (L1)									

SQUADS

FUNdamentals		up to NPA 7
Competitive skills		NPA 8 - 10
Competitive Performance		Development Programme
		Advanced Programme

INFORMATION

- 10.5 hrs max pool time possible
- 36 max lane hrs / week (inc widths)
- 7.5 hrs max for advanced programme