

# C.O.A.S.T. Timetable

## Effective from 07 September 2009

Squad (Coach)	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	
Performance (Stewart Haslam)	Time:	5:45-8:00	5:00-7:00	5:45-8:00	5:30-7:30		4:30-6:30	5:45-8:00	5:30-7:30	5:45-8:00	4:30-6:30				4:00-6:00
	Pool:	NF	NF	NF	NF		NF	NF	NF	NF	NF				NF
	No.of Hrs:	1 3/4	2	1 3/4	2		2	1 3/4	2	1 3/4	2				2

Squad (Coach)	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	
Youth Potential (Gregor McMillan)	Time:		5:00-7:00		4:30-6:30	5:45-7:30		5:45-7:30		5:45-7:30	4:30-6:30	6:00-8:30			
	Pool:		NF		HH	KC		KC		KC	NF	NF			
	No.of Hrs:		2		2	1 3/4		1 3/4		1 3/4	2	2 1/2			

Squad (Coach)	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	
Junior Potential (Gillian Innes & Sean Dawson)	Time:		5:30-7:00		5:30-7:30		5:30-7:00	6:00-7:30			5:00-7:00	6:00-8:30			
	Pool:		HH		NF		HH	HH			KC	NF			
	No.of Hrs:		1 1/2		2		1 1/2	1 1/2			2	2 1/2			

NF	Northfield Pool
HH	Hazlehead Pool
KC	Kincorth Pool