



SQUADS	LEAD COACH	ASSISTANT COACH	MONDAY		TUESDAY	WEDNESDAY		FRIDAY		SATURDAY	
			LAND TRAIN	ST KENTS	ARMADALE	LAND TRAIN	BATHGATE	LAND TRAIN	BATHGATE	BATHGATE	LAND TRAIN
Tadpole Tank 1	Carol McGurk	George Hossack					6.00-6.30pm 6.30-7.00pm		6.00-6.30pm 6.30-7.00pm		
Tadpole Tank 2	Colin Waddell	Anna Kelly					6.00-6.30pm 6.30-7.00pm		6.00-6.30pm 6.30-7.00pm		
Tadpole Tank 3	Robbie Blair	Adam Marr					6.00-6.30pm 6.30-7.00pm		6.00-6.30pm 6.30-7.00pm		
Tadpole Tank 4	Natalie Ellis						6.00-6.30pm 6.30-7.00pm		6.00-6.30pm 6.30-7.00pm		
Bronze	Natalie Ellis & Anna Kelly				6.00-7.00pm				7.00 - 8.00pm	8.30-9.30am	9.45-10.30am
Silver	Nathan Robb			7.00- 8.00pm		6.30-7.00pm	7.00-8.00pm	6.30-7.00pm	7.00-8.00pm	8.00-9.30am	9.45-10.30am
Gold	Ian Sinclair			7.00-8.00pm	6.00-8.00pm	6.30-7.00pm	7.00-9.00pm	7.30-8.00pm	8.00-9.00pm	8.00-9.30am	9.45-10.30am
Performance Readiness	Callum Robb		7.30-8.00pm	8.00-9.00pm	7.00-8.30pm	6.30-7.00pm	7.00-9pm	6.30-7.00pm	7.00-9.00pm	8.00-9.30am	9.45-10.30am
Masters	Nathan Robb			8.00-9.00pm			8.00-9.00pm		ARMADALE 6.00-8.00pm		
Adults Improvers	Alana Wait & Ronnie Morgan				8.00-9.00pm				7.00-8.00pm		