

CASC Coach & Teacher Rota (October 2017)

Time	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130
	Sun @ Olympiad	Lane 1 Pool	Chippenham ASC Masters		Chippenham ASC Synchro					
					Sun @ Corsham	Lane 1 Lane 2 Lane 3 Lane 4	Lyn Cairns (L2) Gary Brown (L2) Nigel Butler (L2) Shaun Cairns (L1)			
					Mon @ Bath Uni (50m Pool)	Lane 6 Lane 7 Lane 8	Nigel Butler (L2) Lyn Cairns (L2) Lindsay Gibbons (L1) or Gary Brown (L2)			
					Tue @ Olympiad	Lane 1 Lane 2 Lane 3 Lane 4	Heather Butler (L2) & Caroline Lavelle Lyn Denning (L2) Katharine Sheppard (L1) & Micheala Sheppard	Caroline Lavelle Nigel Butler (L2) and Lyn Denning (L2) Michele Hall-Barnett & Michaela Sheppard Katharine Sheppard (L1)	Nigel Butler (L2) & Caroline Lavelle Lyn Denning (L2) & Amy Parker Gary Brown (L2) Tony Wright (L1)	
						Wed @ Olympiad	Lane 1 Lane 2 Lane 3 Lane 4	Nigel Butler (L2) Nigel Butler (L2) Lyndsay Gibbons (L1) Lyndsay Gibbons (L1)		
						Wed @ St Marys	Lane 1 Lane 2 Lane 3	Gary Brown (L2) Lyn Cairns (L2) Chippenham ASC Masters		
					Thu @ Corsham	Lane 1 Lane 2 Lane 3 Lane 4	Tegan Cairns (L1) Sonia Ward (L1) Heather Butler (L2)	Heather Butler (L2) & Sonia Ward (L1) Michelle Hall-Barnett Lyn Cairns (L2) & Tegan Cairns (L1)	Nigel Butler (L2) & Caroline Lavelle Nigel Butler (L2) & Amy Parker	Nigel Butler (L2) & Caroline Lavelle & Amy Parker Tony Wright (L1) Gary Brown (L2) Lyn Cairns (L2)

SQUADS

FUNDamentals	up to NPA 7
Competitive skills	NPA 8 - 10
Competitive Performance	Development Programme
	Advanced Programme
Masters	Masters
Synchro	Synchro

INFORMATION

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