

CASC Coach & Teacher Rota (October 2017)

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

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