

Senior Excel		
<u>Karen Ross</u>	<u>am</u>	<u>pm</u>
Monday	OFF	2100-2200 WLC
Tuesday	0700-0800 WLC	OFF
Wednesday	OFF	1930-2200 Rushden
Thursday	0700-0800 WLC	2100-2200 WLC
Friday	OFF	2030-2200 Oundle
Saturday	0615-0745 WLC	OFF
Sunday	OFF	1830-2000 WLC
Sunday - land training	OFF	1730-1815 WLC

Junior Excel		
<u>Karen Ross</u>	<u>am</u>	<u>pm</u>
Monday	OFF	1900-2000 WLC
Tuesday	0700-0800 WLC	OFF
Wednesday	OFF	OFF
Thursday	0700-0800 WLC	2000-2100 WLC
Friday	OFF	2030-2200 Oundle
Saturday	0615-0745 WLC	OFF
Sunday	OFF	1700-1830 WLC
Sunday - land training		1600-1645 WLC

Performance		
<u>Steve Gammon</u>	<u>am</u>	<u>pm</u>
Monday	OFF	2000-2100 WLC
Tuesday	0700-0800 WLC	OFF
Wednesday	OFF	2000-2100 WLC
Thursday	0700-0800 WLC	OFF
Friday	OFF	2030-2200 Oundle
Saturday	OFF	OFF
Sunday	OFF	1900-2000 Rushden
Sunday - land training	OFF	1830-1900 Rushden

Training		
<u>John Rudge</u>	<u>am</u>	<u>pm</u>
Monday	OFF	1800-1900 WLC
Tuesday	0700-0800 WLC	OFF
Wednesday	OFF	OFF
Thursday	0700-0800 WLC	1945-2115 Scott Bader
Friday	OFF	OFF
Saturday	0615-0745 WLC	OFF
Sunday	OFF	1800-1900 Rushden
Sunday - land training		1730-1800 Rushden

Dev 1 & 2		
<u>Craig Mills</u>	<u>am</u>	<u>pm</u>
Monday	OFF	D2 1800-1900 WLC JR+PT
Tuesday	0700-0800 WLC	OFF
Wednesday	OFF	OFF
Thursday	0700-0800 WLC	2000-2100 WLC
Friday	OFF	OFF
Saturday	OFF	OFF
Sunday	OFF	1600-1700 WLC

Masters		
<u>Jim Peto</u>	<u>am</u>	<u>pm</u>
Monday	OFF	OFF
Tuesday	0615-0700 WLC	OFF
Wednesday	OFF	2100-2200 WLC
Thursday	0615-0700 WLC	OFF
Friday	OFF	2030-2200 Oundle
Saturday	0615-0745 WLC	OFF
Sunday	OFF	1800-1900 Rushden

\*Tuesday/ Thursday mornings include 15 mins prepool warm up, 0645-0700.