COGST Training changes during British Masters & Scottish Nationals

DATE	SQUAD	LOCATION	TIME	COACH
Thurs 17th	PERF	Tollcross	5.30-7.30am	Graham
Thurs 17th	PERF	Castlemilk	4-6pm	Graham
Fri 18th	PERF	Scotstoun	5.30am-7.30am	Graham
Fri 18th	PERF	Castlemilk	4-6pm	Graham
Sun 20th	PERF	Castlemilk	4-6pm	Graham
Mon 21st	PERF	Tollcross	Between 12-7pm	Graham

Graham will inform Performance swimmers of time on Monday 21st @ Tollcross

National

DATE	SQUAD	LOCATION	TIME	COACH
Thurs 17th	National	Tollcross	5.30-7.30am	Andrena
Fri 18th	National	Scotstoun	5.30-7.30am	Andrena
Sat 19th	National	Scotstoun	7-9am	Andrena
Mon 21st	National	Tollcross	Between 12-7pm	Andrena

Andrena will inform National swimmers of time on Monday 21st @ Tollcross

From 22nd June at Scottish Nationals am sessions available @Tollx out at 6.45am

National Age

DATE	SQUAD	LOCATION	TIME	COACH
Thurs 17th	Nat Age	Tollcross	5.30-7.30am	Moureen
Thurs 17th	Nat Age	No session		Moureen
Fri 18th	Nat Age	Scotstoun	5.30-7.30am	Moureen
Fri 18th	Nat Age	Gorbals	4.30-6.30pm	Moureen
Sat 19th	Nat Age	Scotstoun	7-9am	Moureen
Mon 21st	Nat Age	Scotstoun	5.30-7.30am	Moureen
Mon 21st	Nat Age	No Pools	available	
Tues 22nd	Nat Age	Tollcross	5.30-6.45am	Moureen
Tues 22nd	Nat Age	Gorbals	4.00-5.30pm	Moureen
Wed 23rd	Nat Age	Scotstoun	5.30-7.30am	Moureen
Thurs 24th	Nat Age	Tollcross	5.30-6.45am	Moureen
Fri 25th	Nat Age	Tollcross	5.30-6.45am	Moureen
Fri 25th	Nat Age	Gorbals	5-7pm	Moureen
Sat 26th	Nat Age	Tollcross	5.30-6.45am	Moureen

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Nat Dev

DATE	SQUAD	LOCATION	TIME	COACH
Thurs 17th	Nat Dev	Tollcross	5.30-7.30am	Mark
Thurs 17th	Nat Dev	Springburn	4.30-5.45pm	Laura
Fri 18th	Nat Dev	Scotstoun	5.30-7.30am	Mark
Fri 18th	Nat Age	Gorbals	4.30-6.30pm	Laura
Sat 19th	Nat Dev	Scotstoun	7-9am	Mark
Mon 21st	Nat Dev	Scotstoun	5.30-7.30am	Mark
Tues 22nd	Nat Dev	Tollcross	5.30-6.45am	Mark
Tues 22nd	Nat Dev	Gorbals	4.00-5.30pm	Mark
Thurs 24th	Nat Dev	Tollcross	5.30-6.45am	Mark
Thurs 24th	Nat Dev	Castlemilk	4.30-6.30pm	Laura
Fri 25th	Nat Dev	Tollcross	5.30-6.45am	Mark
Fri 25th	Nat Dev	Gorbals	5-7pm	Laura
Sat 26th	Nat Dev	Tollcross	5.30-6.45am	Mark

Gold

DATE	SQUAD	LOCATION	TIME	COACH
Thurs 17th	Gold	Tollcross	5.30-7.30am	Chris
Fri 18th	Gold	Gorbals	6.30-8pm	Chris
Sat 19th	Gold	Scotstoun	7-9am	Chris
Mon 21st	Gold	Springburn	5.00-6.30pm	Chris
Tues 22nd	Gold	Gorbals	7.30-9pm	Chris
Thurs 24th	Gold	Tollcross	5.30-6.45am	Chris
Friday 25th	Gold	Gorbals	7-8.30pm	Chris
Sat 26th June	Gold	Tollcross	5.30 -6.45am	Chris

Silver

DATE	SQUAD	LOCATION	TIME	COACH
Fri 18th	Silver	Springburn	5.00-6.30pm	Mark
Sun 20th	Silver	Gorbals	2-4pm	Mark
Tues 22nd	Silver	Gorbals	7.30-9pm	Mark
Wed 23rd	Silver	Gorbals	4.30-6pm	Mark
Fri 25th	Silver	Gorbals	7-8.30pm	Mark
Sun 27th	Silver	Gorbals	2-4pm	Mark

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Bronze

DATE	SQUAD	LOCATION	TIME	COACH
Thurs 17th	Bronze	Springburn	4.30-5.45pm	Katy
Sun 20th	Bronze	Gorbals	12.30-2pm	Katy
Mon 21st	Bronze	Springburn	5.00-6.30pm	Katy
Thurs 24th	Bronze	Springburn	4.30-5.45pm	Katy
Fri 25th	Bronze	Springburn	5.00-6.30pm	Katy
Sat 26th	Bronze	Scotstoun	7-9am	Katy
Sun 27th	Bronze	Gorbals	12.30-2pm	Katy

Seniors

DATE	SQUAD	LOCATION	TIME	COACH
Fri 18th	Seniors	Scotstoun	7.-8.30pm	Caroline
Mon 21st	Seniors	Tollcross	5.30-6.45am	Caroline
Tues 22nd	Seniors	Tollcross	5.30- 6.45am	Caroline
Wed 23rd	Seniors	Gorbals	4.30-6pm	Caroline
Friday 25th	Seniors	Scotstoun	7-8.30pm	Caroline

Transition

DATE	SQUAD	LOCATION	TIME	COACH
Sun 20th	Transition	Gorbals	12.30-2pm	Ruth
Wed 23rd	Transition	Springburn	5.00-6.30pm	Ruth
Sun 27th	Transition	Gorbals	12.30-2pm	Ruth

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