

	<i>MON</i>	<i>coach</i>	<i>TUE</i>		<i>WED</i>		<i>THU</i>		<i>FRI</i>
JUNIOR COMPETITIVE team (U12) & BEGINNERS PADDLERS (all age)	AM: 9.00 – 10.00 Running 10.00 – 11.30 Paddling PM: 1.00 – 2.30 Paddling	assistant coach headcoach, assistant coach assistant coach	AM: 9.00 - 10.30 Paddling 10.30 - 11.30 Weights PM: 12.30 - 2.00 Paddling	headcoach headcoach assistant coach	AM: 9.00 – 10.00 Running 10.00 – 11.30 Paddling PM: 1.00 – 2.30 Paddling	assistant coach headcoach, assistant coach assistant coach	AM: 9.00 - 10.30 Paddling 10.30 - 11.30 Weights PM: 12.30 - 2.30 Paddling	headcoach headcoach assistant coach	AM: 9.00 – 10.00 Running 10.00 – 11.30 Paddling PM: 1.00 – 2.30 Paddling
PERFORMANCE team, HIGH PERFORMANCE team	AM: 7.00 – 9.00 Paddling 9.00 – 10.00 Running PM: 11.30AM- 1.00 PM Paddling	headcoach assistant coach headcoach	AM: 9.00 - 11.00 Paddling 11.00 - 12.00 Weights PM: 1.00 - 2.30 Paddling	assistant coach assistant coach headcoach	AM: 7.00 – 9.00 Paddling 9.00 – 10.00 Running 11.00 - 12.00 Paddling PM: OFF	headcoach assistant coach headcoach	AM: 9.00 - 11.00 Paddling 11.00 - 12.00 Weights PM: 12.30 - 2.30 HELPING OUT WITH SUMMER CAMP REGATTA 3.00 - 4.30 Paddling	assistant coach assistant coach headcoach	AM: 7.00 – 9.00 Paddling 9.00 – 10.00 Running 11.00 - 12.00 Paddling PM: HELPING OUT WITH SUMMER CAMP REGATTA

	<i>SAT</i>	<i>SUN</i>
assistant coach headcoach, assistant coach assistant coach	OFF	OFF
headcoach assistant coach headcoach	OFF	OFF