

A SQUAD		Coach	
Mon	NK	5.30 -7am	Pauline/Phillipa
	City gym - 6.45-7.45pm	8-9pm	Suzanne/Phillipa
Tues		6.30-8.30pm	Pauline/Gemma
Weds	City - currently off	5.30-7am	Nigel
	NK	6.00-7.30pm	Pauline
Thurs	City gym 5.30-6.20pm	6.30-8pm	Pauline
Fri	NK	5.30-7am	Lorraine/helpers
	City	6.30-8.00pm	Gemma/Suzy
Sat	City -Gym 9-10am OneNK	6.30-8.30am	Pauline/Gemma

A2		Coach	
Mon	NK	5.30-7am	Pauline/Phillipa
Tues	City - gym 5.30 - 6.20pm	6.30-8.30pm	Pauline/Gemma
Weds	City - currently off	5.30-7am	Nigel
	NK	7.30-9pm	Andy
Thurs	City	6.30-8pm	Pauline
Fri	NK	5.30-7am	Lorraine/helpers
Fri	City	6.30-8.00pm	Gemma
Sat	City -Gym 9-10am OneNK	6.30-8.30am	Pauline/Gemma

REGIONAL		Coach	
Mon	NK	6.30-8pm	Lorraine
Tues	City	5.30-7am	Lorraine
Weds	NK gym 6.30-7.15pm	7.30-9pm	Andy
Fri	NK	5.30-7am	Lorraine/helpers
	NK - Land 6.45pm -7.30pm	4.30-6.30pm	Nigel
Sun	NK	8-10am	Lorraine

COMPETITIVE DEVELOPMENT		Coach	
Weds	NK	4.30 -6pm	Nigel
Fri	LCHS	4.30 -6pm	Andy/Liv
Sun	Yarborough	5 -6.30pm	Andy/Liv

COUNTY		Coach	
Mon	NK	6.30-8.30pm	Gemma
Tues	City	5.30 -7am	Lorraine
Weds	NK	6 -7.30pm	Gemma
Thurs	NK -land 5.30-6.15pm	6.30 -8pm	Gemma
Sun	NK	8-10am	Andy

SENIORS		Coach	
Mon	NK	5.30 -7am	Pauline/Phillipa
	City gym - 6.45-7.45pm	8 -9pm	Suzanne/Phillipa
Weds	City - currently off	5.30-7am	Nigel
	NK	6.00-7.30pm	Pauline
Fri	NK	5.30-7am	Lorraine/helpers
Fri	City	6.30-8.00pm	Gemma/Suzy

REGIONAL DEVELOPMENT		Coach	
Mon	NK	5.30-7am	Pauline/Phillipa
Mon	NK	6.30- 8pm	Lorraine
Weds	City	8-9pm	Lorraine
Fri	NK	5.30 -7am	Lorraine/helper
	NK - land 6.45 -7.30pm	4.30-6.30pm	Nigel
Sun	NK	8-10am	Lorraine

COUNTY DEVELOPMENT		Coach	
Weds	City	6.30-8pm	Nigel
Thurs	NK	6.30-8pm	Nigel/Maddie
Sat	City	8.30 -10am	Pauline
Sun	Yarborough	5 -6.45pm	Nigel

SNR/JNR DEVELOPMENT		Coach	
Weds	City	8-9pm	Jason
Thurs	NK	8-9pm	Jason
Sun	Yarborough	6.45 -8pm	Jason

MASTERS		Coach	
Mon	NK - one lane	5.30-7am	Pauline/Phillipa
Thurs	NK	8-9pm	Pete
Sun	Yarborough	6.45 -8pm	Pete