



Heart of Midlothian ASC

Training Schedule - as at 14th August 2011



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SWIM EDINBURGH Lead Coach: Phil Potter	Drumbrae 1800-2000	Drumbrae 1730-1930	Ainslie Park 0600-0800 Ainslie Park 1700-1900	Ainslie Park 1700-1900	Drumbrae Land 1630-1745 Swim 1800-2000	Ainslie Park 0600-0800 or NSA, Stirling 1000-1200	Drumbrae Land 1700-1745 Swim 1800-1930
GROUP A Lead Coach: Fiona Ogilvie		Drumbrae 1730-1930	Ainslie Park 0600-0730 Ainslie Park 1700-1900	Ainslie Park 1700-1900	Drumbrae Land 1630-1745 Swim 1800-2000		Drumbrae Land 1700-1745 Swim 1800-1930
GROUP B Lead Coach: Carole Spence Assistant Coach: Scott Robertson	Forrester 1800-2000		Ainslie Park 0600-0730 Forrester 1800-2000	Ainslie Park Land 1830-1900 Swim 1900-2030	Forrester 1800-2000		Drumbrae Land 1600-1645 Swim 1700-1830
GROUP C Lead Coach: Stuart Forbes Assistant Coach: Scott Robertson	Forrester 1800-2000		Forrester 1800-2000		Forrester 1800-2000		Drumbrae Land 1600-1645 Swim 1700-1800
GROUP D Lead Coach: CK McLeod-Bain	Royal High 1945-2045			Royal High 1945-2045			Drumbrae Land 1500-1545 Swim 1600-1700
GROUP E Lead Coach: TBC	Royal High 1845-1945			Royal High 1845-1945			Drumbrae Land 1500-1545 Swim 1600-1700
CLUB Lead Coach: Various				Ainslie Park 1900-2030			Drumbrae 1930-2100
MASTERS Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100	Ainslie Park 0600-0730	Ainslie Park 2030-2145			Drumbrae 1930-2100