

SHERBORNE STORM ASC WEEKLY SWIM SCHEDULE

Storm ASC Weekly Swimming Timetable		STORM Competitive & MS1,2,3Storm	LIGHTNING Competitive & MS1,2,3L	THUNDER Competitive & MS1,2
MONDAY	- LEWESTON SCHOOL	Land 17.45-18.30 Swim 18.45-20.15	Land 17.45-18.30 Swim 18.45-20.15	
TUESDAY	- AM: LEWESTON SCHOOL	Swim 06.00-07.15	Swim 05.30-07.15	
	- PM: LEWESTON SCHOOL	Land 17.45-18.30 Swim 18.45-20.15	Land 17.45-18.30 Swim 18.45-20.15	Land 17.45-18.30 Swim 18.45-20.15
WEDNESDAY	- LEWESTON SCHOOL	Swim 18.00-20.00	Swim 18.00-20.00	
THURSDAY	- LEWESTON SCHOOL	Land 17.45-18.30 Swim 18.30-20.00	Land 17.45-18.30 Swim 18.30-20.00	
FRIDAY	- LEWESTON SCHOOL	Swim 17.30-19.30	Swim 17.30-19.30	Swim 16.45-17.30
SATURDAY	- AM: LEWESTON SCHOOL	Swim 06.30-08.15	Swim 06.30-08.15	
NOTES - Multisport -1,2 OR 3 SESSIONS - Storm- must be able to complete 4,000M - Lightning - must be able to complete 3-4,000m - Thunder- development - Allocation by Lead Coach			Competitive athletes to Train 6 from 7 sessions available.	Lead Coach will advise of any additional training.