

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday																																							
Arrive	6:30am	Start	6:45am	Arrive	6:30am	Start	6:45am	Arrive	6:30am	Start	6:45am	Arrive	6:30am	Start	6:45am	Arrive	6:30am	Start	6:45am	Arrive	09:00am	Start	9:00am	Arrive	09:00am	Start	9:00am																																				
Elite Racing - Program 1				Elite Racing - Program 1				Elite Racing - Program 1				Elite Racing - Program 1				Elite Racing - Program 1				Recreational Cruising				Recreational Cruising																																							
Leader	Stuart	Level	1-3	Leader	Stuart	Level	1-3	Leader	Stuart	Level	1-3	Leader	Stuart	Level	1-3	Leader	Stuart	Level	1-3	Leader	Robin	Level	8-9	Leader	Robin	Level	8-9																																				
				Arrive	9am	Start	9:30am	Arrive	9am	Start	9:15am	Arrive	9am	Start	9:30am					Arrive	9am	Start	9:30am																																								
				Recreational Cruising				Recreational Cruising				Race Cruising								Race Cruising																																											
				Leader	Jon T	Level	7-8	Leader	Robin	Level	8-9	Leader	Jon T	Level	7-8					Leader	Jon T	Level	7-8																																								
				Arrive	2pm	Start	2:30pm													Arrive	9am	Start	9am					Arrive	09:30	Start	09:45																																
				Elite Racing - Program 1																Elite Racing - Program 1								Tasters sessions every 3 weeks				Elite Racing - Program 1																															
				Leader	Dan	Level	2-4													Arrive	04:15	Start	04:45					Leader	Jon T & Tom	Level	B	Leader	Stuart	Level	1-3																												
																																Elite Racing - Program 1				Club Mixed K1's, K2's -Program 2 /1																											
																																Leader	Nick	Level	2-4	Leader	Nick	Level	2-4	Leader	Nick	Level	2-4	Leader	Fess	Level	4-5																
																																Arrive	04:30	Start	04:30	Arrive	09:15	Start	09:30	Arrive	09:15	Start	09:30	Arrive	09:30am	Start	9:45am																
																																												Tasters sessions every 3 weeks				Coached Racing Program 2 /3															
Leader	Tony & Tom	Level	B													Leader	Sue/Tom	Level	5-8					Leader	Jon T	Level	6-7																																				
																																												Club Racing - Program 1				Club Racing - Program 2															
																																																								Elite Racing - Program 1				Elite Racing - Program 1			
								Arrive	6pm	Start	6:30pm	Arrive	6pm	Start	6:30pm																																									Arrive	6pm	Start	6:30pm	Arrive	6pm	Start	6pm
								Elite Racing - Program 1				Elite Racing - Program 1																																												Club Night - Program 1				Elite Racing - Program 1			
								Leader	Stuart	Level	1-3	Leader	Stuart	Level	1-3																																									Leader	Stuart	Level	1-3	Leader	Stuart	Level	1-3
				Arrive	6pm	Start	6:30pm	Arrive	6pm	Start	6:30pm	Arrive	6pm	Start	6:30pm					Arrive	06:00	Start	06:15																																								
				Club Racing - Program 2 /1				Elite Racing - Program 1				Club Night - Program 2								Club Run - Program 2								Club Mixed K1's, K2's - Program 2 /1																																			
				Leader	Mike G / Claire	Level	3-4	Leader	Nick	Level	2-4	Leader	??	Level	4-5					Leader	Faye	Level	Run					Leader	?	Level	4-6																																
				Arrive	6pm	Start	6:30pm	Arrive	6pm	Start	6:30pm	Arrive	6pm	Start	6:30pm					Arrive	6pm	Start	6:15pm					Arrive	5:30pm	Start	6pm																																
				Club Racing - Program 2				Club Racing - Program 2				Club Night - Program 2 / 3								Club Run - Get Fit								Under 14 continuers																																			
Leader	Fess	Level	4-5	Leader	Mike H	Level	4-5	Leader	Alan	Level	6-7	Leader	?	Level	Jog	Leader	Tom	Level																																													
Arrive	6pm	Start	6:30pm	Arrive	6pm	Start	6:30pm	Arrive	6pm	Start	6:30pm	<p>Any session designated "Club" means that the leader is there for organisation & safety</p> <p>The leader wants to work at his / her own level as much as possible</p>				Arrive	5:30pm	Start	6pm																																												
Club Racing - Program 2				Coached Racing - Program 2				Club Night - Program 3								Recreational Cruising																																															
Leader	Faye?	Level	6-7	Leader	Sue	Level	6-7	Leader	Julian	Level	7-8					Leader	Linda?	Level	8-9-																																												
Arrive	6pm	Start	6:30pm	Arrive	6pm	Start	6:30pm	Arrive	6pm	Start	6:30pm					<p>Recreational Cruising</p> <p>2* /3* + recreational</p>																																															
Club Racing - Program 3				Coached Racing - Program 3				Club Night - Program 3																																																							
Leader	Julian	Level	8-9	Leader	Fess	Level	7-8	Leader	Tom	Level	Entry																																																				
Arrive	6pm	Start	6:30pm	<p>Safety Sweep - Robin?</p>				Arrive	5:30pm	Start	6pm																																																				
Adult & family racing beginners								Recreational Cruising																																																							
Leader	Alan & Liz	Level	B					Leader	Linda?	Level	8-9+++																																																				
Arrive	6pm	Start	6:30pm					Arrive	6pm	Start	6:30pm																																																				
Under 12 beginners								Club Night - Program 2																																																							
Leader	Tom	Level	B					Leader	Andy H	Level	3-5																																																				
Arrive	6pm	Start	6:30pm					<p>1* beginners</p>																																																							
1* beginners																																																															
Leader	Rob B & Kim	Level	B																																																												
Arrive	6:30-6:45	Start	6:45 - 7																																																												
Club Racing - Program 2																																																															
Leader	Mick	Level	3-5																																																												

Week commencing	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
14/02/2011			Coaches Meeting				
21/02/2011	no pool session	Training Camp	Training Camp Mental Prep for Racing (1)	Training Camp no circuits			Waterside A
28/02/2011	no pool session		Video Session 1 Committee Meeting			Profiling	Thameside1
07/03/2011							Waterside B
14/03/2011			Video Session 2				Thameside 2
21/03/2011				last circuits			Gailey Clocks Change
28/03/2011			First Food and club night Marathon races night (shorter courses)			Royal K1/K2	Anker Valley
04/04/2011	wk1 refresher		Committee Meeting Time Trial			Taster Session	
11/04/2011	wk2 refresher		Sprint Night	Taster session Tony Nolan		Jon Talbot	Regatta
18/04/2011	wk3 refresher	Training Day	Pass it on night 1	Training Day	Bank Holiday		Easter
25/04/2011	wk4 refresher Bank Holiday	Training Day	Marathon Race night	Taster session Tony Nolan	Royal Wedding	Taster session Jon Talbot	Bedford Assess
02/05/2011	wk5 refresher Bank Holiday		Committee Meeting Sprint Night	Go Paddling week			Regatta
09/05/2011	wk1 beginners		Pass it on night 2				Leamington
16/05/2011			Marathon Race night	Taster session Tony Nolan		Taster session Jon Talbot Nottingham Halser	Worcester Hasler race /Norwich Assess
23/05/2011			Time Trial			Wokingham K2 Assess	Reading Hasler
30/05/2011			Committee Meeting Sprint Night				Regatta
06/06/2011			Pass it on night 3	Taster session Tony Nolan		Taster session NOT Jon Talbot	Burton
13/06/2011	wk5 beginners		Marathon Race night			Mini sprints and 5k race	Shropshire
20/06/2011	wk1 beginners		Time Trial				Hereford
27/06/2011			Sprint Night	Taster session Tony Nolan		Taster session Jon Talbot	Regatta
04/07/2011			Pass it on night 4 Committee Meeting				
11/07/2011			Marathon Race night				
18/07/2011	wk5 beginners		Time Trial				
25/07/2011			Sprint Night				
01/08/2011			Marathon Race night				
08/08/2011			Marathon Race night				
15/08/2011			Marathon Race night				
22/08/2011			Marathon Race night			National Champs - Worcester	
29/08/2011			Sprint Night				
05/09/2011			Committee Meeting Sprint Night				Regatta
12/09/2011			Pass it on night 5				

 Nottingham Regattas

 School Holidays