



TROJAN ASC SQUADS

Squad Name	Day	Training Time
GOLD SQUAD <u>Coaching Team</u> Jamie Wilson Carolyn Cairns Kate Wilson	Monday Wednesday Thursday Friday Saturday	7.00 - 9.00pm 7.00 - 9.00pm 7.00 - 8.00pm Land Training (Whitburn FC) 5.00 - 7.00pm 7.30 - 9.00am
SILVER SQUAD <u>Coaching Team</u> Paul Davies Jamie Wilson Kate Wilson	Monday Wednesday Friday Saturday	8.00 - 9.00pm 7.00 - 9.00pm 6.00 - 7.00pm 7.30 - 9.00am
BRONZE SQUAD <u>Coaching Team</u> Jamie Wilson	Monday Wednesday Friday	7.00 - 8.00pm 6.00 - 7.00pm 6.00 - 7.00pm
SUPERFINS SQUAD <u>Coaching Team</u> Shaunna Lunn Sarah Kerr	Wednesday Friday	7.00 - 8.00pm 5.00 - 6.00pm
FINS SQUAD <u>Coaching Team</u> Carolyn Cairns Sophie Bennett Gabrielle McClymont	Wednesday Friday	7.00 - 7.45pm 5.00 - 5.45pm
WATER POLO <u>Coaching Team</u> Paul Davies (aided by Bobby Waddell)	Tuesday	6.30 - 7.30pm (Whitburn Academy)
Pre Club level (In conjunction with Xcite)	Friday	5.00 - 6.00pm

Poolside helpers - Claire Reekie and Yasmine Gordon

All sessions take place at Xcite Whitburn unless otherwise stated.