

2018-2019 Squad Timetable

(All sessions are at the Aquadrome unless stated otherwise)

Waterpolo (Lead Coach: Gerry Lay)

Seniors

Tuesday: 8.30 – 10.00 pm

Juniors

Thursday: 7.30 – 9.00 pm

Academy

Friday: 5.30 – 6.20 pm

Gym

Friday: 6.00 – 7.00pm (14+ yrs)

Saturday: 9.45 - 10.45am (11+ yrs)

Matches

Sunday: 5.00 – 6.00 pm see www.bbfsc.org/fixtures

Sharks (Lead Coach: Tony Bamberger)

Saturday: 8.30 – 9.30 am 25m pool

Sunday : 6.00 – 7.00 pm 20m pool

Sunday : 7.15 – 7.45 pm 25m pool

Development 2 (Intermediate) Lead Coach: Steph Clark

Monday: 6.30 – 7.30 pm Cranbourne

Total Swim: 2 hrs

Friday: 6.30 – 7.30 pm

Development 1 (Advanced) Lead Coach: Sally Moseley

Wednesday: 6.30 – 7.30 pm Cranbourne

Sunday: 6.15 – 7.15 pm

Total Swim: 2 hrs

Junior Club (Lead Coach: Dan James)

Wednesday: 7.00 – 8.00 pm Sports Centre

Total Swim: 1 hrs

Academy (Lead Coach: Rebecca James)

Monday: 5.30 – 6.30 pm

Wednesday: 5.30 – 6.30 pm

Saturday: 7.55 – 8.55 am Town Centre

Total Swim: 3 hrs

C Squad (Lead Coach: Emily Budzynski-Seymour)

Tuesday: 7.30 – 8.30 pm

Wednesday: 7.00 – 8.00 pm Town Centre

Friday: 7.30 – 8.30 pm

Saturday: 7.55 – 8.55 am Town Centre

Sunday: 6.15 – 7.45 pm

Total Swim: 5.5 hrs

B Squad (Lead Coach: Stuart Down)

Monday: 7.00 – 8.30 pm Town Centre

Wednesday: 5.30 – 7.30 am

7.30 – 8.30 pm

Friday: 7.30 – 8.30 pm

Saturday: 8.00 – 9.30 am

Total Swim: 7.0 hrs

Age Group Squad (Lead Coach: David Wittig)

Monday: 5.30 – 7.00 pm

Tuesday: 5.30 – 7.00 am Sports Centre
5.30 – 7.30 pm

Wednesday: 6.30 – 8.30 pm

Friday: 7.00 – 8.30 pm Tadley

Saturday: 6.30 – 8.00 am

Total Swim: 10 hrs

Youth Squad (Lead Coach: John Slater)

Monday: 5.30 – 7.30 am

6.30 – 8.30 pm

Tuesday: 7.00 – 8.30 pm

Thursday: 5.30 – 7.30 am

Friday: 7.00 – 8.30 pm Tadley

Saturday: 6.30 – 8.30 am

Total Swim: 11 hrs

Performance Squad (Head Coach: Graeme Thomas)

Monday: 5.30 – 7.30 am

7.00 – 8.30 pm

Tuesday: 5.30 – 7.30 am

Wednesday: 5.30 – 7.30 pm

Thursday: 5.30 – 7.30 am

5.30 – 7.30 pm

Friday: 5.30 – 7.30 am

7.00 – 9.00 pm Town Centre

Saturday: 7.00 – 9.00 am Aldershot

Total Swim: 17.5 hrs

Club Squad (Lead Coaches: Rebecca James & Laura Martin nee Moseley)

Monday: 8.30 – 9.30 pm

Friday: 8.30 – 9.30 pm Tadley

Total Swim: 2 hrs

Masters (Lead Coach: Ian Cameron)

Tuesday: 7.00 – 8.00 pm Sports Centre

Wednesday: 8.30 – 9.30 pm

Friday: 8.30 – 9.30 pm

Sunday: 7.45 – 8.45 pm

Total Swim: 4 hrs