

Calendar 2009 Ashbourne Swimming Club

	January	February	March	April	May	June
Saturday	2 4 Towns - Ashbourne					
Sunday	3 Long Eaton Meet		1	1		
Monday	SC Resumes					Normal SC Resumes
Tuesday						
Wednesday	Front Crawl	Turns	Front Crawl	Turns		Front Crawl
Thursday						
Friday						
Saturday	7 Counties - Eckington		7	4 4 Towns		2
Sunday	8 Counties - Eckington		8	5	3	7
Monday					Bank Holiday	
Tuesday						
Wednesday	Backstroke	Starts & Lengths	Backstroke			Back Crawl
Thursday						
Friday			Melanie Marshall Wo	Good Friday		
Saturday	14 Counties - QLC Derby		14	11		9 4 Towns
Sunday	15 Counties - QLC Derby		15	12		10
Monday	ASC AGM 8pm			Easter Monday		
Tuesday						
Wednesday	Breaststroke	Time Trials	Breaststroke			Breaststroke
Thursday						
Friday						
Saturday	21 Melton Mowbray		21 Counties - QLC Derby	18 Ashbourne Gala		16
Sunday	22 Counties - QLC Derby		22	19		17
Monday		2 lanes only				
Tuesday						
Wednesday	Butterfly	No SC - Shrovetide	Butterfly			Butterfly
Thursday						
Friday		2 lanes only				
Saturday	28 Derby Open Meet		25	23		27
Sunday	29 Derby Open Meet		26	24		28
Monday					Bank Holiday	
Tuesday						
Wednesday			Back Crawl			
Thursday						
Friday						
Saturday						30
Sunday						31

PREP = Preparation Phase
T2T = Training to Train

Main = Main Training Phase
T2R = Training to Race

COMP = Competition Phase
R&R = Rest & Recuperation

Calendar 2009 Ashbourne Swimming Club

	July	August	September	October	November	December
Saturday			1			
Sunday			2			1
Monday	T	2 lanes only	3			2
Tuesday	2		4			3
Wednesday	Starts & Turns	1 2 lanes only	5 Main Squad - Full	2	Lengths	4 Butterfly
Thursday		2	6			5
Friday		3 No swimming	7			6 Presentation Disco
Saturday	City of Derby Meet	4	8	5	3	7
Sunday		5	9	6	4	8
Monday	C	6 2 lanes only	10 Normal SC Resumé	7		9
Tuesday	O	7	11			10
Wednesday	M	8 2 lanes only	12 Front Crawl	9 Lengths	7	11 Club Champs - 1
Thursday	P	9	13			12
Friday		10 No swimming	14			13
Saturday		11	15	12	10	14
Sunday		12	16	13	11	15
Monday	C	13 2 lanes only	17			16
Tuesday	O	14	18			17
Wednesday	M	15 2 lanes only	19 Backstroke	16 Time Trials	14	18 Club Champs - 2
Thursday	P	16	20			19
Friday		17 No swimming	21			20
Saturday		18	22	19	17	21
Sunday		19	23	20	18	22
Monday		20 2 lanes only	24			23 2 lanes only
Tuesday		21	25			24
Wednesday	Fun Session	22 2 lanes only	26 Breaststroke	23 Starts & Turns	21 Backstroke	25 2 lanes only
Thursday		23	27			26
Friday		24 No swimming	28			27 No swimming
Saturday		25	29 4 Towns	26	24 Etwall Master Meet	28
Sunday		26	30	27 Belper Marlins Open M	25 County Long Course	29
Monday	Main Squad - Full	27 Bank Holiday	31			30 No swimming
Tuesday		28				31
Wednesday	Main Squad - Full	29				32
Thursday		30				33
Friday		31				34
Saturday					31	Back on 4 Jan 2010
Sunday						