



## **TRAINING DURING COUNTY CHAMPIONSHIPS WEEKENDS**

There will be no training for A, B or C squads on 27<sup>th</sup>/28<sup>th</sup> February, 6<sup>th</sup>/7<sup>th</sup> March, 20<sup>th</sup> /21<sup>st</sup> March 2010.

D Squad will train on 28<sup>th</sup> February, 7<sup>th</sup> March and 21<sup>st</sup> March at the earlier time of 3.30 – 4.30 pm

On 28<sup>th</sup> March 2010, B and C squads will train long course at Loughborough between 4 – 6pm (times to be confirmed by coaches). D squad will again train at the earlier time of 3.30 – 4.30 pm at Lonsdale.

To check out these and other timetable changes, please visit the EVENTS page at [www.derbyphoenix.com](http://www.derbyphoenix.com)