# USC Natation Water polo Saison 2019-20
# Planning des entraînements

| | | 7h30 8h30 | 11h | 12h | 13h | 14h | 15h | 17h | 18h | 19h | 20 h | 21h | 22h | 23h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | L 1 | | | | | | | | | | | Water Polo Sénior + U17 Gaby | | |
| | L 2 | | | | | | | | | | | | | |
| | L 3 | | | | | | | | | | | | | |
| | L 4 | | | | | | | | | | | | | |
| | L 5 | | | | | | | | AC 2 Sandro | JS2 Sandro | M4 Stéph | | | |
| | L 6 | | | | | | | | J1 Benjamin | JS1 Cédric | M1 Cédric | | | |
| | à sec | | | | | | | | Prépa Phy JS1 Cédr | | | | | |
| MARDI | L 1 | | | | | | | | | | | | | |
| | L 2 | | | | | | | | | | | | | |
| | L 3 | | | | | | | | | | | | | |
| | L 4 | | | | | | | | AC 1 Pascal | JS4 Pascal | JS3 Benjamin | M3 Manu | | |
| | L 5 | | | | | | | | J1 Sandro | J2 Sandro | | M2 Sandro | | |
| | L 6 | | | | | | | | | | | | | |
| | à sec | | | | | | | | | | | | | |
| MERCR | L 1 | Eau Libre | | | | | | | | U13 Loïs | | WP Senior + U17 Gaby | | |
| | L 2 | | | | | | | | | | | | | |
| | L 3 | | | | | | | | | | | | | |
| | L 4 | | | | AV1 Cédric | APC1 Cédric | | | | | | | | |
| | L 5 | | | | AV2 Loïs | APC2 Sonia K | | | U9 Hugo | U11 Loïs/ Félix | U15 Thomas | U17 Hugo | | |
| | L 6 | | | | Init 1 Hugo/ Sonia K | Init 2 Hugo/ Loïs | AC 1 Cédric | | | | | | | |
| | à sec | | | | | | | | | | | | | |
| JEUDI | L 1 | | | | | | | | | | | M5 Loïs | | |
| | L 2 | | | | | | | | | | | M5 Sonia B | | |
| | L 3 | | | | | | | | | | | Eau libre | | |
| | L 4 | | | | | | | | | JS1 Cédric | | M1 Cédric | | |
| | L 5 | | | | | | | | AC 2 Loïs | J2 Benjamin | JS3 Hugo | | | |
| | L 6 | | | | | | | | J1 Benjamin | J3 Loïs | | Eau Libre | | |
| | à sec | | | | | | | | | | | | | |
| VENDR | L 1 | | | | | | | | | | | | | |
| | L 2 | | | | | | | | | | | | | |
| | L 3 | | | | | | | | | | | | | |
| | L 4 | | | | | | | | JS2 Brice | J2 Pascal | Nat-WP U11-U13 Félix/ Loïs | | | |
| | L 5 | | | | | | | | JS1 Cédric | | | | | |
| | L 6 | | | | | | | | | | | | | |
| | à sec | | | | | | | | | PP WP | | | | |
| SAMEDI | L 1 | | | | | | | SA Vincent | M4 Sonia B | | | Compétitions ou Matchs | | |
| | L 2 | | | | | | | | M3 Manu | | | | | |
| | L 3 | | | | | | | | M2 Benjamin | | | | | |
| | L 4 | | | J3 Loïs | JS2 Brice | JS1 Cédric | | | M1 Hugo | | | | | |
| | L 5 | | AV1 Cédric/ **Eva** | AV2 Cédric/ **Félix** | APC1 Cédric/ **Sonia B** | AC 1 Pascal | J4 Sonia | | JS4 Loïs | | | | | |
| | L 6 | | Init 1 Hug/Hélo **Félix** | Init 2 Hug/ Eva | APC2 Héloïse/ **Eva** | AC2 Sonia B | J1 Benjamin | Init 3 Eva/ ? | JS5 Vincent | | | | | |
| | à sec | | | | | Prépa Phy J S2 Brice | Prépa Phys JS1 Cédric | ECHAUFFE Hugo | | | | | | |

| 11h | 12h | 13h | 14h | 15h | 17h | 18h | 19h | 20 h | 21h | 22h | 23h |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 15 30 45 | 15 30 45 | 15 30 45 | 15 30 45 | 15 30 | 15 30 45 | 15 30 45 | 15 30 45 | 15 30 45 | 15 30 45 | 15 30 45 | |

**Ecole de Natation**
F2010 et après / G2009 et après

**JEUNES**
F2009-2007 / G2008-2006

**JUNIORS/SENIORS**
F2006-2003/2002 et avant
G 2005-2002/2001 et avant

**MAITRES + SPORT ADAPTE**
1995 et avant au 01/01/20

**WATERPOLO**

**Débutant adulte**