

Kayaking Training for SO Wales Team

The dates below are the training sessions for **ALL** the SO Wales Team that are going to the Summer World Games LA 2015 (Athlete's & Coaches).

Date's	Location	Time	
May 10th	North Dock, LLanelli	11am to 1pm	✓
May 31st	Cosmeston Lake	1:30 pm to 3:30pm	✓
June 7th	North Dock, LLanelli	11am to 1pm	✓
June 21st	BARRY DOCKS	1:30 pm to 3:30pm	
July 5th	North Dock, LLanelli	3pm to 5pm	

It is very important that you all turn up to all the Training session as there is under 3 months before we go to LA.

Thanks

Andrew Beynon
HEAD COACH KAYAKING
Special Olympics Great Britain