


SQUAD TRAINING SCHEDULES 29/4/24 - 4/5/24

		SQUAD TRAINING SCHEDULES 29/4/24 - 4/5/24											
		Mon 29th		Tues 30th		Wed 1st		Thu 2nd		Fri 3rd		Sat 4th	
		April		April		May		May		May		May	
		am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Grizzly	SWIM	5:30am-7:30am	6:00pm-8:00pm	5:30am-7:30am		5:30am-7:00am	4:00pm-6:00pm	5:30am-7:30am	4:00pm-6:00pm	5:30am-7:30am		5:30am-7:30am	
		NAC (LC)	NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	NAC (SC)	NAC (SC)	NAC (LC)		AUTM (LC)	
	DRYLAND			8.00am GYM						8.00am GYM		8.00am GYM	
	COACH	GH + MG	GH + MG	GH + MG		GH + MG + DP	GH + DP	GH	GH + MG + DP	GH + MG + DP		GH+ MG + DP	
Polar	SWIM	5:30am-7:30am	6:00pm-8:00pm	5:30am-7:30am		5:30am-7:00am	4:00pm-6:00pm	5:30am-7:30am	4:00pm-6:00pm	5:30am-7:30am		5:30am-7:30am	
		NAC (LC)	NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	AUTM (SC)	NAC (SC)	NAC (LC)		AUTM (LC)	
	DRYLAND		4:45pm-5:45pm			7.15am AD						8.00am AD	
	COACH	GH + MG	GH + MG	GH + MG		GH + MG + DP	GH + DP	MG	GH + MG + DP	GH + MG + DP		GH + MG + DP	
Black	SWIM	5:30am-7:30am	4:00pm-6:00pm	5:30am-7:30am			6:00pm-8:00pm	5:30am-7:30am		5:30am-7:30am	4:00pm-6:00pm	5:30am-7:30am	
		NAC (LC)	NAC (LC)	NAC (SC)			NAC (LC)	NAC (SC)		AUTM (SC)	NAC (SC)	AUTM (LC)	
	DRYLAND						4.50pm-5.50pm					8.00am AD	
	COACH	RS	RS	RS			RS + JW	RS		RS	RS + JW	RS	
Brown	SWIM	6:00am-7:30am	4:00pm-6:00pm	5:30am-7:30am			6:00pm-8:00pm	6:00am-7:30am		5:30am-7:30am	4:00pm-6:00pm		
		AUTM (SC)	NAC (LC)	AUTM (SC)			NAC (LC)	NAC (SC)		NAC (LC)	NAC (SC)		
	DRYLAND	5:20am-5:50am					4.50pm AD	5:20am-5:50am					
	COACH	JW	RS	JW			RS + JW	JW		JW	RS + JW		
SwimFit	SWIM	5:30am-7:00am		5:30am-7:00am				5:30am-7:00am		5:30am-7:00am			
	COACH	AUTM (SC)		AUTM (SC)				AUTM (SC)		AUTM (SC)			
Young	SWIM						4:00pm-5:00pm		4:00pm-6:00pm				
	COACH						NAC (LC)		NAC (SC)				
Panda	SWIM	6:00am-7:30am			4:30pm-6:00pm	6:00am-7:30am			5:30pm-7:00pm		4:00pm-5:30pm	7:30am-9:00am	
		TAKA (33)			AUTM (SC)	TAKA (33)			TAKA (33)		NAC (SC)	AUTM (LC)	
	DRYLAND				4:00pm-4:30pm				5:00pm-5:30pm			6.20am-7.20am	
	COACH	MW			MW + BH + SO	MW			RS		RS + JW	MW + CC + JZ	
Yogi	SWIM		5:30pm-7:00pm (1)	6:00am-7:30am (1)	4:30pm-6:00pm (2)		5:30pm-7:00pm (All)	6:00am-7:30am (2)			5:30pm-7:00pm (ALL)	7:30am-9:00am (ALL)	
			TAKA (33)	TAKA (33)	AUTM (SC)		TAKA (33)	TAKA (33)			TAKA (33)	AUTM (LC)	
	DRYLAND		5:00pm-5:30pm		4:00pm-4:30pm						5:00pm-5:30pm	6.20am-7.20am	
	COACH		CC	MW	MW + BH + SO		MW + CC	MW			BH + SO	MW + CC + JZ	
Baloo	SWIM		4:00pm-5:30pm (1)		4:30pm-6:00pm (ALL)				4:30pm-6:00pm (ALL)		4:00pm-5:30pm (2)	7:30am-9:00am (ALL)	
			AUTM (SC)		AUTM (SC)				AUTM (SC)		AUTM (SC)	AITM (LC)	
	DRYLAND				4.15pm-4.30pm				4.15pm-4.30pm			7.00am-7.30am	
	COACH		JW		JW + CCL				MW + JW + CCL		NC + RM	JW + CCL	
Paddington	SWIM				5:00pm-6:00pm				5:00pm-6:00pm			7:30am-9:00am	
					AUTM (SC)				AUTM (SC)			AUTM (LC)	
	DRYLAND				4.45pm-5:00pm				4.45pm-5:00pm			7.00am-7.30am	
COACH				NC + EH + JZ				CC + EH + JZ			RS		
Teddy	SWIM				4:00pm-5:00pm				4:00pm-5:00pm				
					AUTM (SC)				AUTM (SC)				
	DRYLAND				3.45pm-4:00pm				3.45pm-4:00pm				
	COACH				NC + EH + JZ				CC + EH + JZ				

-----Dave on Annual Leave-----

-----Waterhole 400s/50s Meet-----