


SQUAD TRAINING SCHEDULES 17/6/24-22/6/24

		SQUAD TRAINING SCHEDULES 17/6/24-22/6/24											
		Mon 17th		Tues 18th		Wed 19th		Thu 20th		Fri 21st		Sat 22nd	
		June		June		June		June		June		June	
		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			
		NAC (LC)	NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	NAC (SC)	NAC (SC)	NAC (LC)			NO TRAINING
	DRYLAND			8:00am GYM						8:00am GYM			RACING
	COACH	GH + MG + DP	GH + MG	MG		MG + DP	DP	MG	MG + DP	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			
		NAC (LC)	NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	NAC (SC)	NAC (SC)	NAC (LC)			NO TRAINING
	DRYLAND		4:45pm-5:45pm			7:15am AD							RACING
	COACH	GH + MG + DP	GH + MG	MG		MG + DP	DP	MG	MG + DP	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		
		NAC (LC)	NAC (LC)	NAC (SC)			NAC (LC)	NAC (SC)		AUTM (SC)	NAC (SC)		NO TRAINING
	DRYLAND						4:50pm-5:50pm						RACING
	COACH	RS	RS + DP	RS			RS + JW	RS		RS	RS + JW		
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)	NAC (SC)			NAC (LC)	NAC (SC)		NAC (LC)	NAC (SC)		
	DRYLAND	5:20am-5:50am					4:50pm AD	5:20am-5:50am					
	COACH	JW	RS + DP	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			
		AUTM (SC)		NAC (SC)				NAC (SC)		AUTM (SC)			
	COACH	JW		DP				MG		RS			
Young	SWIM						4:00pm-5:00pm		4:00pm-6:00pm				
							NAC (LC)		NAC (SC)				
	COACH						SL		SL + JL				
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	CC or TJ			TJ + CC	CC or TJ			RS		RS + JW	TJ + 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	CC or TJ	TJ + CC		CC + TJ	CC or TJ			HC	TJ + 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)	AUTM (LC)	
	DRYLAND				4:15pm-4:30pm				4:15pm-4:30pm			7:00am-7:30am	
	COACH		JW		JW + CCL				JW + CCL		JZ	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				EH + HC				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				EH + HC				CC + EH + JZ				

TEAM DEPARTS FOR ITALY (NO AM TRAIN)

GRAHAM & MONIQUE AWAY

CENTRAL CITY

L1/L2 MEET - WEST WAVE