


SQUAD TRAINING SCHEDULES 8/4/24 - 13/4/24

		SQUAD TRAINING SCHEDULES 8/4/24 - 13/4/24											
		Mon 8th		Tues 9th		Wed 10th		Thu 11th		Fri 12th		Sat 13th	
		April		April		April		April		April		April	
		am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Grizzly	SWIM	NO TRAIN	6:00pm-7:30pm	6:00am-7:30am		5:30am-7:00am	4:00pm-5:30pm	6:30am-7:30am	4:00pm-5:30pm	6:00am-7:30am		NO TRAIN	
	DRYLAND		NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	NAC (SC)	NAC (SC)	NAC (LC)		NO GYM	
	COACH		MG	MG		MG	MG	MG	MG	MG			
Polar	SWIM	NO TRAIN	6:00pm-7:30pm	6:00am-7:30am		5:30am-7:00am	4:00pm-5:30pm	6:30am-7:30am	4:00pm-5:30pm	6:00am-7:30am		NO TRAIN	
	DRYLAND		NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	NAC (SC)	NAC (SC)	NAC (LC)		NO AD	
	COACH		MG	MG		MG	MG	MG	MG	MG			
Black	SWIM	5:30am-7:30am	4:00pm-6:00pm	6:00am-7:30am			6:00pm-7:30pm	6:00am-7:30am		6:00am-7:30am	4:00pm-5:30pm	NO TRAIN	
	DRYLAND	NAC (LC)	NAC (LC)	NAC (SC)			NAC (LC)	NAC (SC)		NAC (LC)	NAC (SC)	NO AD	
	COACH	RS	RS	RS			RS + JW	RS		RS	RS + JW		
Brown	SWIM	6:00am-7:30am	4:00pm-6:00pm	5:30am-7:30am			6:00pm-7:30pm	6:00am-7:30am		5:30am-7:30am	4:00pm-5:30pm		
	DRYLAND	NAC (LC)	NAC (LC)	NAC (SC)			NAC (LC)	NAC (SC)		NAC (LC)	NAC (SC)		
	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			
	DRYLAND	NAC (LC)		NAC (SC)				NAC (SC)		NAC (LC)			
	COACH	JW		JW				MG		RS			
Young	SWIM					4:00pm-5:00pm				4:00pm-6:00pm			
	DRYLAND					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	
	DRYLAND	TAKA (33)			AUTM (SC)	TAKA (33)				TAKA (33)	NAC (SC)	AUTM (SC)	
	COACH	MW			MW + CC + JZ	MW				RS	RS + JW	MW + 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)	
	DRYLAND		TAKA (33)	TAKA (33)	AUTM (SC)		TAKA (33)	TAKA (33)			TAKA (33)	AUTM (SC)	
	COACH		CC	MW	MW + CC + JZ		MW + CC	MW			CC	MW + 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)	
	DRYLAND		AUTM (SC)		AUTM (SC)					AUTM (SC)	AUTM (SC)	AUTM (SC)	
	COACH		JW		JW + CCL					MW + JW + CCL	NC	JW + CCL	
Paddington	SWIM				5:00pm-6:00pm					5:00pm-6:00pm		7:30am-9:00am	
	DRYLAND				AUTM (SC)					AUTM (SC)		AUTM (SC)	
	COACH				NC + EH					CC + EH		CC	
Teddy	SWIM				4:00pm-5:00pm					4:00pm-5:00pm			
	DRYLAND				AUTM (SC)					AUTM (SC)			
	COACH				NC + EH					CC + EH			

-----NZ SWIMMING CHAMPS ON IN HASTINGS-----

No training Grizzly & Polar  
 Change of finish time Grizzly & Polar  
 Change of start time Grizzly, Polar & Black  
 Brown and Swimfit training at NAC  
 Change of Dryland start time Polar  
 Brown and Swimfit training at NAC

Change of finish time Grizzly & Polar  
 Change of start times Grizzly, Polar & Black  
 Change of finish time Black & Brown  
 Polar and Swimfit training at NAC

Change of finish time Grizzly & Polar  
 Change of start times Grizzly, Polar & Black  
 Change of finish time Grizzly & Polar  
 Change of start times Grizzly, Polar & Black  
 Change of finish time Grizzly & Polar  
 Black and Swimfit training at NAC

NZ AGE TEAM DEPARTS  
 No Training for Grizzly, Polar & Black