


SQUAD TRAINING SCHEDULES 1/7/24 - 6/7/24

 NORTH SHORE SWIMMING		Mon 1st		Tues 2nd		Wed 3rd		Thu 4th		Fri 5th		Sat 6th	
		July		July		July		July		July		July	
		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	6:00am-7:30am	4:00pm-5:30pm				
		NAC (LC)	NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	NAC (SC)	NAC (SC)	NO TRAIN		NO TRAIN	
	DRYLAND			8:00am GYM						8:00am GYM			
	COACH	MG	MG	MG		MG + DP	DP	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	6:00am-7:30am	4:00pm-5:30pm				
		NAC (LC)	NAC (LC)	NAC (SC)		NAC (LC)	NAC (LC)	AUTM (SC)	NAC (SC)	NO TRAIN		NO TRAIN	
	DRYLAND		4:45pm-5:45pm			7:15am AD							
	COACH	MG	MG	MG		MG + DP	DP	MG	MG + DP				
Black	SWIM	5:30am-7:30am	4:00pm-6:00pm	5:30am-7:30am			6:00pm-8:00pm	5:30am-7:30am					
		NAC (LC)	NAC (LC)	NAC (SC)			NAC (LC)	NAC (SC)		NO TRAIN	NO TRAIN	NO TRAIN	
	DRYLAND						4:50pm-5:50pm						
	COACH	RS	RS + DP	RS			RS	RS					
Brown	SWIM	5:30am-7:30am	4:00pm-6:00pm	5:30am-7:30am			6:00pm-8:00pm	5:30am-7:30am					
		NAC (LC)	NAC (LC)	NAC (SC)			NAC (LC)	NAC (SC)		NO TRAIN	NO TRAIN		
	DRYLAND						4:50pm AD						
	COACH	DP	RS + DP	DP			RS	RS					
SwimFit	SWIM	5:30am-7:00am		5:30am-7:00am				5:30am-7:00am		5:30am-7:00am			
		NAC (LC)		NAC (SC)				AUTM (SC)		AUTM (SC)			
	COACH	DP		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			7:30am-9:00am	
		TAKA (33)			AUTM (SC)	TAKA (33)			TAKA (33)	NO TRAIN		AUTM (LC)	
	DRYLAND				4:00pm-4:30pm				5:00pm-5:30pm			6:20am-7:20am	
	COACH	CC or TJ			TJ + CC	CC & TJ			RS			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	CC or TJ	TJ + CC		CC + TJ	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)	AUTM (LC)		
	DRYLAND				4:15pm-4:30pm			4:15pm-4:30pm			7:00am-7:30am		
	COACH		TJ		DP + CCL			MW + CCL		NC	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					

-----AUCKLAND SHORT COURSE CHAMPS-----

MONIQUE AWAY -----
 GRAHAM AWAY -----
 JACK ON ANNUAL LEAVE -----

MONIQUE ON ANNUAL LEAVE -----
 GRAHAM ON ANNUAL LEAVE -----