


## SQUAD TRAINING SCHEDULES 24/6/24-29/6/24

 <b>NORTH SHORE SWIMMING</b>		SCHEDULE											
		Mon 24th		Tues 25th		Wed 26th		Thu 27th		Fri 28th		Sat 29th	
		June		June		June		June		June		June	
		am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
<b>Grizzly</b>	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)			AUTM (SC)	
	DRYLAND			8.00am GYM				8.00am GYM				8.00am GYM	
	COACH	MG + DP	MG	MG		MG + DP	DP	MG	MG + DP			MG + DP	
<b>Polar</b>	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)			AUTM (SC)	
	DRYLAND		4:45pm-5:45pm			7.15am AD						8.00am AD	
	COACH	MG + DP	MG	MG		MG + DP	DP	MG	MG + DP			MG + DP	
<b>Black</b>	SWIM	5:30am-7:30am	4:00pm-6:00pm	5:30am-7:30am			6:00pm-8:00pm	5:30am-7:30am				5.30am-7:00am	
		NAC (LC)	NAC (LC)	NAC (SC)			NAC (LC)	NAC (SC)				AUTM (SC)	
	DRYLAND						4.50pm-5.50pm					8.00am AD	
	COACH	RS	RS + DP	RS			RS + JW	RS				RS	
<b>Brown</b>	SWIM	6:00am-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)					
	DRYLAND	5:20am-5:50am					4.50pm AD						
	COACH	JW	RS + DP	JW			RS + JW	DP					
<b>SwimFit</b>	SWIM	5:30am-7:00am		5:30am-7:00am				5:30am-7:00am					
		NAC (LC)		NAC (SC)				NAC (SC)					
	COACH	JW		DP				MG					
<b>Young</b>	SWIM						4:00pm-5:00pm		4:00pm-6:00pm				
	COACH						NAC (LC)		NAC (SC)				
							SL		SL + JL				
<b>Panda</b>	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)			AUTM (SC)	
	DRYLAND				4:00pm-4:30pm				5:00pm-5:30pm			6.20am-7.20am	
	COACH	CC or TJ			TJ + CC	CC or TJ			RS			CC + JZ	
<b>Yogi</b>	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)				7.30am-9.00am (ALL)	
			TAKA (33)	TAKA (33)	AUTM (SC)		TAKA (33)	TAKA (33)				AUTM (SC)	
	DRYLAND		5:00pm-5:30pm		4:00pm-4:30pm							6.20am-7.20am	
	COACH		CC	CC or TJ	TJ + CC		CC + TJ	CC or TJ				CC + JZ	
<b>Baloo</b>	SWIM		4:00pm-5:30pm (1)		4.30pm-6.00pm (ALL)				4.30pm-6.00pm (ALL)			7.00am-8.00am (ALL)	
			AUTM (SC)		AUTM (SC)				AUTM (SC)			AITM (SC)	
	DRYLAND				4.15pm-4.30pm				4.15pm-4.30pm			8.10am-8.40am	
	COACH		JW		JW + CCL				TJ + CCL			TJ + CCL	
<b>Paddington</b>	SWIM				5.00pm-6.00pm				5.00pm-6.00pm			8.00am-9.00am	
					AUTM (SC)				AUTM (SC)			AUTM (SC)	
	DRYLAND				4.45pm-5.00pm				4.45pm-5.00pm			7.20am-7.50am	
	COACH				EH + HC				CC + EH + JZ			RS	
<b>Teddy</b>	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 IN ITALY THIS WEEK

MATARIKI - ALL SQUADS OFF

Rowan Brown Waterpolo

GRAHAM AND MONIQUE AWAY

Tournament

JACK ON ANNUAL LEAVE