


SQUAD TRAINING SCHEDULES 1/4/24 - 6/4/24

 NORTH SHORE SWIMMING		SQUAD TRAINING SCHEDULES 1/4/24 - 6/4/24											
		Mon 1st		Tues 2nd		Wed 3rd		Thu 4th		Fri 5th		Sat 6th	
		April		April		April		April		April		April	
		am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Grizzly	SWIM	9:00am-11:00am	NO TRAIN	6:00am-7:30am		NO TRAIN	4:00pm-6:00pm	6:00am-7:30am	4:00pm-6:00pm	6:00am-7:30am		6:00am-7:30am	
		NAC (LC)		NAC (SC)			NAC (LC)	NAC (SC)	NAC (SC)	NAC (LC)		AUTM (LC)	
	DRYLAND			8:00am GYM				NO GYM				NO GYM	
	COACH	GH + MG + DP		GH + MG			GH + DP	GH	GH + MG	GH + MG + DP		GH + MG + DP	
Polar	SWIM	9:00am-11:00am	NO TRAIN	6:00am-7:30am		5:30am-7:00am	4:00pm-6:00pm	6:00am-7:30am	4:00pm-6:00pm	6:00am-7:30am		6:00am-7:30am	
		NAC (LC)		NAC (SC)		NAC (LC)	NAC (LC)	AUTM (SC)	NAC (SC)	NAC (LC)		AUTM (LC)	
	DRYLAND											8:00am AD	
	COACH	GH + MG + DP		GH + MG		MG	GH + DP	MG	GH + MG	GH + MG + DP		GH + MG + DP	
Black	SWIM	9:00am-11:00am	NO TRAIN	5:30am-7:30am			6:00pm-8:00pm	5:30am-7:30am		5:30am-7:30am	4:00pm-6:00pm	6:00am-7:30am	
		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 + JW	RS		RS	RS + JW	RS	
Brown	SWIM	NO TRAIN	NO TRAIN	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)		
	DRYLAND						4:50pm AD	5:20am-5:50am					
	COACH			JW + DP			RS + JW	JW		JW	RS + JW		
SwimFit	SWIM	NO TRAIN		5:30am-7:00am				5:30am-7:00am		5:30am-7:00am			
				AUTM (SC)				AUTM (SC)		AUTM (SC)			
	COACH			DP				MG		RS			
Young	SWIM						4:00pm-5:00pm		4:00pm-6:00pm				
							NAC (LC)		NAC (SC)				
	COACH						SL		SL + JL				
Panda	SWIM	NO TRAIN			4:30pm-6:00pm	6:00am-7:30am			5:30pm-7:00pm		4:00pm-5:30pm	7:30am-9:00am	
					AUTM (SC)	TAKA (33)			TAKA (33)		NAC (SC)	AUTM (LC)	
	DRYLAND				4:00pm-4:30pm				5:00pm-5:30pm			6:20am-7:20am	
	COACH				BH + SO	TJ			RS		RS + JW	CC + JZ	
Yogi	SWIM		NO TRAIN	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)	AUTM (SC)		TAKA (33)	TAKA (33)			TAKA (33)	AUTM (LC)	
	DRYLAND				4:00pm-4:30pm						5:00pm-5:30pm	6:20am-7:20am	
	COACH			CC	BH + SO		TJ + CC	CC			BH + SO	CC + JZ	
Baloo	SWIM		NO TRAIN		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 (LC)		
	DRYLAND				4:15pm-4:30pm			4:15pm-4:30pm			7:00am-7:30am		
	COACH				JW + CCL			JW + 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				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					

-----Easter Monday-----

-----Monique on Annual Leave-----

Change of start time
Grizzly and Polar
in AM

No Train
Grizzly
in AM

Change of start time
Grizzly and Polar
in AM
No Gym Grizzlys

Dave on leave
in PM

Change of start time
Grizzly and Polar
in AM

Change of start time
Grizzly, Polar & Black
in AM
No Gym Grizzlys