

COMPETITIVE SQUAD TRAINING SCHEDULE
Effective: 1 May 2025

May 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathead	George Hanretty	Daniel Benvenuti	Anne Donaire	Matt Wilson
1/05/2025	Thu AM	5am - 7am	SQUAD BREAK	5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
2/05/2025	Fri AM	5am - 7am			5am - 7am	5.45am-7.00am
	Fri PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
3/05/2025	Sat AM	6.00am-8.00am		6.00am-8.00am	6.00am-8.00am	
4/05/2025	Sun					
5/05/2025	Mon AM	5am - 7am	SQUAD BREAK	5am - 7am	5am - 7am	
	Mon PM	TBC		Cancelled		Cancelled
6/05/2025	Tue AM	5am - 7am		5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
7/05/2025	Wed AM	5am - 7am			5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm		4pm - 6.30pm		
8/05/2025	Thu AM	5am - 7am		5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
9/05/2025	Fri AM	5am - 7am			5am - 7am	5.45am-7.00am
	Fri PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
10/05/2025	Sat AM	6.00am-8.00am		6.00am-8.00am	6.00am-8.00am	
11/05/2025	Sun					
12/05/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
13/05/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
14/05/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4.30pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm		
15/05/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
16/05/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM	TBC		Cancelled		Cancelled
17/05/2025	Sat AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	
18/05/2025	Sun					
19/05/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
20/05/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
21/05/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm		
22/05/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4.30pm - 6.30pm	4pm - 5.15pm 5.15pm - 6.30pm
23/05/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
24/05/2025	Sat AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	
25/05/2025	Sun					
26/05/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
27/05/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
28/05/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm		
29/05/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
30/05/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
31/05/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	CANCELLED	CANCELLED	

Training Cancelled
Training Change
Pool Session - Training Pool