## COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 May 2025

	May 2025		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		
1/05/2025	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pr
	Fri AM	5am - 7am			5am - 7am	5.45am-7.00am
3/05/2025	Fri PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pr
	Sat AM	6.00am-8.00am		6.00am-8.00am	6.00am-8.00am	5. TSpiii - 6.30pi
4/05/2025	Sun					
5/05/2025	Mon AM	5am - 7am	SQUAD BREAK	5am - 7am	5am - 7am	
6/05/2025	Mon PM Tue AM	TBC 5am - 7am		Cancelled 5am - 7am		Cancelled
	Tue PM				4pm - 6.00pm	4pm - 5.15pm
7/05/2025	Wed AM	5am - 7am			5am - 7am	5.15pm - 6.30pi 5.45am-7.00an
	Wed AM Wed PM	4pm - 6.30pm		4pm - 6.30pm	5am - 7am	5.45am-7.00an
8/05/2025	Thu AM	5am - 7am		5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm
	Fri AM	5am - 7am			5am - 7am	5.15pm - 6.30pm 5.45am-7.00am
9/05/2025				40.00 0.000.00	Saill - Taill	4pm - 5.15pm
10/05/0005	Fri PM	4pm - 6.30pm		4pm - 6.30pm		5.15pm - 6.30pi
10/05/2025 11/05/2025	Sat AM Sun	6.00am-8.00am		6.00am-8.00am	6.00am-8.00am	
11/03/2023	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
12/05/2025	Mon PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm
	Tue AM	5am - 7am	4pm - 6.15pm 5am - 7am	5am - 7am		5.15pm - 6.30p
13/05/2025		Sam - 7am	Sam - 7am	Sam - 7am		4pm - 5.15pm
	Tue PM				4pm - 6.00pm	5.15pm - 6.30pm
14/05/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00ar
	Wed PM	4.30pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm		
45/05/0005	Thu AM	5am - 7am	5am - 7am	5am - 7am		
15/05/2025	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30p
16/05/2025	Fri AM	5am - 7am	5am - 7am	0 " 1	5am - 7am	5.45am-7.00an
17/05/2025	Fri PM Sat AM	TBC 6.00am-7.30am	6.00am-7.30am	Cancelled 6.00am-7.30am	6.00am-7.30am	Cancelled
18/05/2025	Sun	o.ocam r.ocam	0.00am 7.00am	0.00am 7.00am	0.00411 7.004111	
	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
19/05/2025	Mon PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30p
	Tue AM	5am - 7am	4pm - 6.15pm 5am - 7am	5am - 7am		0.10pm 0.00p
20/05/2025		Jam 7am	Jan 7an	Jan 7an		4pm - 5.15pm
	Tue PM				4pm - 6.00pm	5.15pm - 6.30p
21/05/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00ar
	Wed PM Thu AM	4pm - 6.30pm 5am - 7am	4pm - 6.15pm 5am - 7am	4pm - 6.30pm 5am - 7am		
22/05/2025		Saill - 7aill	Sain - 7 ain	Saill - 7aill	4.00	4pm - 5.15pm
	Thu PM				4.30pm - 6.30pm	5.15pm - 6.30p
			5am - 7am			5.45am-7.00ar
22/05/2005	Fri AM	5am - 7am	Sam - Tam		5am - 7am	
23/05/2025	Fri AM Fri PM	5am - 7am 4pm - 6.30pm	Sam - 7am	4pm - 6.30pm	5am - 7am	4pm - 5.15pm
23/05/2025			6.00am-7.30am	4pm - 6.30pm 6.00am-7.30am	5am - 7am 6.00am-7.30am	4pm - 5.15pm
	Fri PM Sat AM Sun	4pm - 6.30pm				4pm - 5.15pm
24/05/2025 25/05/2025	Fri PM Sat AM	4pm - 6.30pm				4pm - 5.15pm 5.15pm - 6.30p
24/05/2025	Fri PM Sat AM Sun	4pm - 6.30pm 6.00am-7.30am	6.00am-7.30am 5am - 7am	6.00am-7.30am	6.00am-7.30am	4pm - 5.15pm 5.15pm - 6.30pi 4pm - 5.15pm
24/05/2025 25/05/2025 26/05/2025	Fri PM Sat AM Sun Mon AM	4pm - 6.30pm 6.00am-7.30am 5am - 7am	6.00am-7.30am	6.00am-7.30am 5am - 7am	6.00am-7.30am	4pm - 5.15pm 5.15pm - 6.30pi 4pm - 5.15pm 5.15pm - 6.30pi
24/05/2025 25/05/2025	Fri PM Sat AM Sun Mon AM Mon PM	4pm - 6.30pm 6.00am-7.30am 5am - 7am 4pm - 6.30pm	6.00am-7.30am 5am - 7am 4pm - 6.15pm	6.00am-7.30am 5am - 7am 4pm - 6.30pm	6.00am-7.30am	4pm - 5.15pm 5.15pm - 6.30pi 4pm - 5.15pm 5.15pm - 6.30pi
24/05/2025 25/05/2025 26/05/2025 27/05/2025	Fri PM Sat AM Sun Mon AM Mon PM Tue AM	4pm - 6.30pm 6.00am-7.30am 5am - 7am 4pm - 6.30pm	6.00am-7.30am 5am - 7am 4pm - 6.15pm	6.00am-7.30am 5am - 7am 4pm - 6.30pm	6.00am-7.30am 5am - 7am	4pm - 5.15pm 5.15pm - 6.30p 4pm - 5.15pm 5.15pm - 6.30p 4pm - 5.15pm 5.15pm - 6.30p
24/05/2025 25/05/2025 26/05/2025	Fri PM Sat AM Sun Mon AM Mon PM Tue AM Tue PM	4pm - 6.30pm 6.00am-7.30am 5am - 7am 4pm - 6.30pm 5am - 7am	6.00am-7.30am  5am - 7am  4pm - 6.15pm 5am - 7am  5am - 7am	6.00am-7.30am  5am - 7am  4pm - 6.30pm  5am - 7am	6.00am-7.30am 5am - 7am 4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pi 4pm - 5.15pm 5.15pm - 6.30pi
24/05/2025 25/05/2025 26/05/2025 27/05/2025	Fri PM Sat AM Sun Mon AM Mon PM Tue AM Tue PM Wed AM Wed PM	4pm - 6.30pm 6.00am-7.30am 5am - 7am 4pm - 6.30pm 5am - 7am 5am - 7am 4pm - 6.30pm	6.00am-7.30am  5am - 7am  4pm - 6.15pm 5am - 7am  5am - 7am  4pm - 6.15pm	6.00am-7.30am  5am - 7am  4pm - 6.30pm  5am - 7am  4pm - 6.30pm	6.00am-7.30am 5am - 7am 4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30p 4pm - 5.15pm 5.15pm - 6.30p 4pm - 5.15pm 5.15pm - 6.30p
24/05/2025 25/05/2025 26/05/2025 27/05/2025	Fri PM Sat AM Sun Mon AM Mon PM Tue AM Tue PM Wed AM	4pm - 6.30pm 6.00am-7.30am 5am - 7am 4pm - 6.30pm 5am - 7am	6.00am-7.30am  5am - 7am  4pm - 6.15pm 5am - 7am  5am - 7am	6.00am-7.30am  5am - 7am  4pm - 6.30pm  5am - 7am	6.00am-7.30am 5am - 7am 4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30p 4pm - 5.15pm 5.15pm - 6.30p 4pm - 5.15pm 5.15pm - 6.30p 5.45am-7.00ar
24/05/2025 25/05/2025 26/05/2025 27/05/2025 28/05/2025	Fri PM Sat AM Sun Mon AM Mon PM Tue AM Tue PM Wed AM Wed PM Thu AM	4pm - 6.30pm 6.00am-7.30am 5am - 7am 4pm - 6.30pm 5am - 7am 5am - 7am 4pm - 6.30pm	6.00am-7.30am  5am - 7am  4pm - 6.15pm 5am - 7am  5am - 7am  4pm - 6.15pm	6.00am-7.30am  5am - 7am  4pm - 6.30pm  5am - 7am  4pm - 6.30pm	6.00am-7.30am 5am - 7am 4pm - 6.00pm 5am - 7am	4pm - 5.15pm 5.15pm - 6.30p 4pm - 5.15pm 5.15pm - 6.30p 4pm - 5.15pm 5.15pm - 6.30p
24/05/2025 25/05/2025 26/05/2025 27/05/2025 28/05/2025	Fri PM Sat AM Sun Mon AM Mon PM Tue AM Tue PM Wed AM Wed PM Thu AM Thu PM	4pm - 6.30pm 6.00am-7.30am 5am - 7am 4pm - 6.30pm 5am - 7am 5am - 7am 4pm - 6.30pm 5am - 7am	6.00am-7.30am  5am - 7am  4pm - 6.15pm 5am - 7am  5am - 7am  4pm - 6.15pm 5am - 7am	6.00am-7.30am  5am - 7am  4pm - 6.30pm  5am - 7am  4pm - 6.30pm	6.00am-7.30am 5am - 7am 4pm - 6.00pm 5am - 7am	4pm - 5.15pm 5.15pm - 6.30p 4pm - 5.15pm 5.15pm - 6.30p 4pm - 5.15pm 5.15pm - 6.30p 5.45am-7.00ar 4pm - 5.15pm 5.15pm - 6.30p

Training Cancelled
Training Change
Pool Session - Training Pool