

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