

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 27 October 2025

October/November 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathead	George Harnetty	Chelsea Black	Matthew Kearney	Ian Park/Jorden Pavlovski
27/10/2025	Mon AM	Training with George Harnetty or Ryan Frost	5am - 7am	5am - 7am	5am - 7am	
	Mon PM		4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
28/10/2025	Tue AM		5am - 7am	5am - 7am		
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
29/10/2025	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM		4pm - 6.30pm	4pm - 6.30pm		
30/10/2025	Thu AM		5am - 7am	5am - 7am		
	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
31/10/2025	Fri AM		5am - 7am		5am - 7am	Cancelled
	Fri PM			4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
1/11/2025	Sat AM		6am - 8am	6am - 8am	6am - 8am	
2/11/2025	Sun					
3/11/2025	Mon AM	Training with George Harnetty or Ryan Frost	5am - 7am	5am - 7am	5am - 7am	
	Mon PM		4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
4/11/2025	Tue AM		5am - 7am	5am - 7am		
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
5/11/2025	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM		4pm - 6.30pm	4pm - 6.30pm		
6/11/2025	Thu AM		5am - 7am	5am - 7am		
	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
7/11/2025	Fri AM		5am - 7am		5am - 7am	Cancelled
	Fri PM			4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
8/11/2025	Sat AM		6am - 8am	6am - 8am	6am - 8am	
9/11/2025	Sun					
10/11/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
11/11/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
12/11/2025	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
13/11/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
14/11/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	Cancelled
	Fri PM			4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
15/11/2025	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am	
16/11/2025	Sun					
17/11/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
18/11/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
19/11/2025	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
20/11/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
21/11/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	Cancelled
	Fri PM			4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
22/11/2025	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am	
23/11/2025	Sun					
24/11/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
25/11/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
26/11/2025	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
27/11/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
28/11/2025	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	Cancelled
	Fri PM					4pm - 5.15pm only
29/11/2025	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am	
30/11/2025	Sun					

Training Cancelled

Training Change

Pool Session - Training Pool