## COMPETITIVE SQUAD TRAINING SCHEDULE Effective: 27 October 2025

October/No		Banksia	Acacia	Wattle	Waratah	Bottlebrush
202	Mon AM	James Greathead	George Harnetty 5am - 7am	Chelsea Black 5am - 7am	Matthew Kearney 5am - 7am	lan Park/Jorden Pavlov
27/10/2025		-			5am - 7am	4pm - 5.15pm
	Mon PM		4pm - 6.30pm	4pm - 6.30pm		5.15pm - 6.30pm
28/10/2025	Tue AM		5am - 7am	5am - 7am		4pm - 5.15pm
29/10/2025	Tue PM				4pm - 6pm	5.15pm - 6.30pm
	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM Thu AM	Training with George Harnetty or Ryan Frost	4pm - 6.30pm 5am - 7am	4pm - 6.30pm 5am - 7am		
30/10/2025		Harrietty of Ryan Flost	Sam - Tam	Sam - 7am		4pm - 5.15pm
	Thu PM				4pm - 6pm	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
	Sat AM		6am - 8am	6am - 8am	6am - 8am	3. тории - 0.00piii
1/11/2023	Sat Aivi		Oalli - Oalli	oaiii - oaiii	Oalii - Oalii	
2/11/2025	Sun					
0/44/0005	Mon AM		5am - 7am	5am - 7am	5am - 7am	
3/11/2025	Mon PM		4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm
	Tue AM		5am - 7am	5am - 7am		5.15pm - 6.30pm
4/11/2025	Tue PM				Anm 6nm	4pm - 5.15pm
5/11/2025		<u> </u>	F 7		4pm - 6pm	5.15pm - 6.30pm
	Wed AM Wed PM	Training with George	5am - 7am 4pm - 6.30pm	4pm - 6.30pm	5am - 7am	5.45am-7.00am
	Thu AM	Harnetty or Ryan Frost	5am - 7am	5am - 7am		
6/11/2025	Thu PM		***		4pm - 6pm	4pm - 5.15pm
			Fax: 7-			5.15pm - 6.30pm
7/11/2025 8/11/2025	Fri AM		5am - 7am		5am - 7am	Cancelled 4pm - 5.15pm
	Fri PM			4pm - 6.30pm		5.15pm - 6.30pm
	Sat AM		6am - 8am	6am - 8am	6am - 8am	,
					2300	
9/11/2025	Sun					
10/11/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	4pm - 5.15pm
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		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
		1			1 1	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		4mm F 4Fmm
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
	Fri AM	5am - 7am	5am - 7am		5am - 7am	Cancelled
14/11/2025	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					
	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
17/11/2025	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm
		5am - 7am		5am - 7am		5.15pm - 6.30pm
18/11/2025	Tue AM		5am - 7am	Jaiii - Talii	4:: 0	4pm - 5.15pm
	Tue PM	4pm - 6.30pm			4pm - 6pm	5.15pm - 6.30pm
19/11/2025	Wed AM	4	5am - 7am	4	5am - 7am	5.45am-7.00am
	Wed PM Thu AM	4pm - 6.30pm 5am - 7am	4pm - 6.30pm 5am - 7am	4pm - 6.30pm 5am - 7am		
20/11/2025			oun - ralli	Jani - rain	4=== 0===	4pm - 5.15pm
	Thu PM	4pm - 6.30pm			4pm - 6pm	5.15pm - 6.30pm
21/11/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	Cancelled 4pm - 5.15pm
	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 Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
24/11/2025					Jam - / am	4pm - 5.15pm
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		5.15pm - 6.30pm
25/11/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		1nm E 15
	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
_3/ 11/2020	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
27/11/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am	+	4pm - 5.15pm
	Thu PM	4pm - 6.30pm			4pm - 6pm	5.15pm - 6.30pm
	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	Cancelled
28/11/2025	Fri PM					4pm - 5.15pm only
			6am - 7:30am	6am - 7:30am	6am - 7:30am	
29/11/2025	Sat AM	6am - 7:30am				

Training Cancelled
Training Change
Pool Session - Training Pool