

**COMPETITIVE SQUAD TRAINING SCHEDULE**  
**Effective: 1 April 2025**

April 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathhead	George Hanretty	Daniel Benvenuti	Anne Donaire	Matt Wilson
1/04/2025	Tue AM Tue PM	5am - 7am	5am - 7am	5am - 7am	4pm - 6.00pm	4pm - 5.15pm Only 5.45am-7.00am
2/04/2025	Wed AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Wed PM	Utility lanes 4-7	Cancelled	Cancelled		
3/04/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		4pm - 5.15pm 5.15pm - 6.30pm
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
4/04/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
5/04/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	
6/04/2025	Sun					
7/04/2025	Mon AM	5am - 7am	5am - 7am	Wattle Squad Break	5am - 7am	4pm - 5.15pm 5.15pm - 6.30pm
	Mon PM	4pm - 6.30pm	4pm - 6.30pm			
8/04/2025	Tue AM	5am - 7am	5am - 7am			
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
9/04/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm			
10/04/2025	Thu AM	5am - 7am	5am - 7am			
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
11/04/2025	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
12/04/2025	Sat AM	6.00am-8.00am	6.00am-8.00am		6.00am-8.00am	
13/04/2025	Sun					
14/04/2025	Mon AM	5am - 7am	5am - 7am	Wattle Squad Break	Waratah Squad Break	4pm - 5.15pm 5.15pm - 6.30pm
	Mon PM	4pm - 6.30pm	4pm - 6.30pm			
	Tue AM	5am - 7am	5am - 7am			4pm - 5.15pm 5.15pm - 6.30pm
15/04/2025	Tue PM					5.45am-7.00am
	Wed AM	5am - 7am	5am - 7am			
16/04/2025	Wed PM	4pm - 6.30pm	4pm - 6.30pm			
	Thu AM	5am - 7am	5am - 7am			
17/04/2025	Thu PM				4pm - 5.15pm 5.15pm - 6.30pm	
18/04/2025	Fri AM	EASTER				
	Fri PM					
19/04/2025	Sat AM	Banksia Squad break	Acacia Squad Break	Wattle Squad Break	Waratah Squad Break	
20/04/2025	Sun					
21/04/2025	Mon AM					
	Mon PM					
	Tue AM					
22/04/2025	Tue PM					
23/04/2025	Wed AM		5.45am-7.00am			
	Wed PM					
24/04/2025	Thu AM				4pm - 5.15pm 5.15pm - 6.30pm	
	Thu PM					
25/04/2025	Fri AM	ANZAC DAY				
	Fri PM					
26/04/2025	Sat AM	Banksia Squad Break	Acacia Squad Break			
27/04/2025	Sun					
28/04/2025	Mon AM	5am - 7am	Acacia Squad Break	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 5.15pm 5.15pm - 6.30pm	
29/04/2025	Tue AM	5am - 7am		5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
30/04/2025	Wed AM	5am - 7am			5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm			4pm - 6.30pm	
Training Cancelled						
Training Change						
Pool Session - Training Pool						