

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 June 2025

June 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathead	George Hanretty	Daniel Benvenuti	Anne Donaire	Matt Wilson
1/06/2025	Sun					
	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
2/06/2025	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
	Tue AM	5am - 7am	5am - 7am	5am - 7am		
3/06/2025	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
4/06/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
	Thu AM	5am - 7am	5am - 7am	5am - 7am		
5/06/2025	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
6/06/2025	Fri PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
7/06/2025	Sat AM	6am-8am	6am-8am	6am-8am	6am-8am	
8/06/2025	Sun					
9/06/2025	Mon AM Mon PM	CENTRE CLOSED - KINGS BIRTHDAY				
	Tue AM	5am - 7am	5am - 7am	5am - 7am		
10/06/2025	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
11/06/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
	Thu AM	5am - 7am	5am - 7am	5am - 7am		
12/06/2025	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
13/06/2025	Fri PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
14/06/2025	Sat AM	6am-8am	6am-8am	6am-8am	6am-8am	
15/06/2025	Sun					
	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
16/06/2025	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
	Tue AM	5am - 7am	5am - 7am	5am - 7am		
17/06/2025	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
18/06/2025	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
	Thu AM	5am - 7am	5am - 7am	5am - 7am		
19/06/2025	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
20/06/2025	Fri PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
21/06/2025	Sat AM	6am-8am	6am-8am	6am-8am	6am-8am	
22/06/2025	Sun					
	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
23/06/2025	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
	Tue AM	5am - 7am	5am - 7am	5am - 7am		
24/06/2025	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
25/06/2025	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
	Thu AM	5am - 7am	5am - 7am	5am - 7am		
26/06/2025	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
27/06/2025	Fri PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
28/06/2025	Sat AM	6am-8am	6am-8am	6am-8am	6am-8am	
29/06/2025	Sun					
	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
30/06/2025	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm

Training Cancelled
Training Change
Pool Session - Training Pool