COMPETITIVE SQUAD TRAINING SCHEDULE Effective: 1 July 2025

July 20	25	Banksia	Acacia	Wattle	Waratah	Bottlebrush
July 2025		James Greathead	George Hanretty	Daniel Benvenuti	Anne Donaire	Matt Wilson
	Tue AM	5am - 7am	5am - 7am	5am - 7am		
1/07/2025	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
2/07/2025	Wed AM	5am - 7am	5am - 7am	4 0.00	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		
3/07/2025	Thu PM	-	-		4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
4/07/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM	CANCELLED		CANCELLED		CANCELLED
5/07/2025 6/07/2025	Sat AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	
7/07/2025	Sun Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	Jaili - Taili	CANCELLED
	Tue AM	5am - 7am	5am - 7am	5am - 7am		O/ II TO LLLLD
8/07/2025	Tue PM	-	-	-	4pm - 6.00pm	4pm - 5.15pm
						5.15pm - 6.30pm
9/07/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4.00pm - 6.30pm	4.00pm - 6.30pm	4.00pm - 6.30pm		
10/07/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		4 5.45
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
	Fri PM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
11/07/2025	Fri PM		Julii Tulii		Jun 1 um	4pm - 5.15pm
		4.00pm - 6.30pm				5.15pm - 6.30pm
12/07/2025 13/07/2025	Sat AM Sun	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	
14/07/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4nm 6 20nm		4pm - 6.30pm		4pm - 5.15pm
		4pm - 6.30pm	4pm - 6.30pm	·		5.15pm - 6.30pn
15/07/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
16/07/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed AM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	Jaili - Taili	3.43am-7.00am
17/07/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM	-	-		4.00pm - 6.00pm	4pm - 5.15pm
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.15pm - 6.30pm 5.45am-7.00am
18/07/2025	Fri PM	CANCELLED	Saill - Taill	CANCELLED	Sam - 7am	CANCELLED
19/07/2025	Sat AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	CANCELLED
20/07/2025	Sun	0.004111 7.004111	0.00diii 7.00diii	0.00am 7.00am	0.00diii 7.00diii	
	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
21/07/2025	Mon PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm
			4pm - 6.30pm	·		5.15pm - 6.30pm
22/07/2025	Tue AM Tue PM	5am - 7am	5am - 7am	5am - 7am	4pm - 6.00pm	CANCELLED
	Wed AM	5am - 7am	5am - 7am		5am - 7am	CANCELLED 5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	Jam Fam	0. 10dili 7.00dili
	Thu AM	5am - 7am	5am - 7am	5am - 7am		
24/07/2025	Thu PM				4pm - 6.00pm	4pm - 5.15pm
		Fana 7ana	Fans 7am			5.15pm - 6.30pm
25/07/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am 4pm - 5.15pm
	Fri PM	4pm - 6.30pm		4pm - 6.30pm		5.15pm - 6.30pm
26/07/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	
27/07/2025 28/07/2025	Sun Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm
	Tue AM	5am - 7am	4pm - 6.30pm 5am - 7am	5am - 7am		5.15pm - 6.30pm
29/07/2025	Tue PM	Jaiii - Taiii	Jaiii - / aiii	Jaili - / alli	4pm - 6.00pm	4pm - 5.15pm
						5.15pm - 6.30pm
	Wed AM	5am - 7am	5am - 7am	4	5am - 7am	5.45am-7.00am
31/07/2025	Wed PM Thu AM	4pm - 6.30pm 5am - 7am	4pm - 6.30pm 5am - 7am	4pm - 6.30pm 5am - 7am		
		Jaill - Talll	Jaiii - Talli	Jaiii - I alli		4pm - 5.15pm
31/07/2025	Thu PM				4pm - 6.00pm	

Training Cancelled
Training Change
Pool Session - Training Pool