

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 July 2025

July 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathead	George Hanretty	Daniel Benvenuti	Anne Donaie	Matt Wilson
1/07/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
2/07/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
3/07/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	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	Sat AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	
6/07/2025	Sun					
7/07/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		CANCELLED
8/07/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	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		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
11/07/2025	Fri PM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM	4.00pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
12/07/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	
13/07/2025	Sun					
14/07/2025	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
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 PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
17/07/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4.00pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
18/07/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM	CANCELLED		CANCELLED		CANCELLED
19/07/2025	Sat AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	
20/07/2025	Sun					
21/07/2025	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
22/07/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	CANCELLED
23/07/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
24/07/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
25/07/2025	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
26/07/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	
27/07/2025	Sun					
28/07/2025	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
29/07/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
30/07/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
31/07/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm

Training Cancelled

Training Change

Pool Session - Training Pool