

# COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: Wed 1 December 2021

December		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Events
		Matt Brown	Ryan Frost	Daniel Benvenuti	Daniel Kucheruk	Alana Francis	
1/12/2021	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
2/12/2021	Thu AM		5am - 7am	5am - 7am	5am - 6.45am	5am - 6.45am	St Scholasticas: 8.30am - 2.30pm
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	
3/12/2021	Fri AM	5am - 7am	5am - 7am	5am - 7am			
	Fri PM		4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm	
4/12/2021	Sat AM	6am - 8am	6am - 7.30am	6am - 7.30am			SNSW Swimming Qualifying Meet
5/12/2021	Sun						7.30am - 5pm
6/12/2021	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am	
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm		
7/12/2021	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	
8/12/2021	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
9/12/2021	Thu AM		5am - 7am	5am - 7am	5am - 6.45am	5am - 6.45am	
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	
10/12/2021	Fri AM	5am - 7am	5am - 7am	5am - 7am			
	Fri PM						SNSW Staff PD Day (all coaches away)
11/12/2021	Sat AM	6am - 8am	6am - 8am	6am - 8am			SNSW Multi Class Short Course: 7.30am - 5pm
12/12/2021	Sun						
13/12/2021	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am	
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm		
14/12/2021	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	
15/12/2021	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
16/12/2021	Thu AM		5am - 7am	5am - 7am	5am - 6.45am	5am - 6.45am	
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	
17/12/2021	Fri AM	5am - 7am	5am - 7am	5am - 7am			
	Fri PM	Swim Club →	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.15pm	
18/12/2021	Sat AM	6am - 8am	6am - 8am	6am - 8am			SNSW Junior Metro Swimming Championships
19/12/2021	Sun	Sun	Sun	Sun	Sun	Sun	7.30am - 5pm
20/12/2021	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am	NSW Openwater SIRC
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm		
21/12/2021	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	
22/12/2021	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
23/12/2021	Thu AM		5am - 7am	5am - 7am	5am - 6.45am	5am - 6.45am	
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	
24/12/2021	Fri AM	5am - 7am	5am - 7am	5am - 7am			
	Fri PM						Aquatic Centre closed at 2pm
25/12/2021	Sat AM						Aquatic Centre Closed - Public Holiday
26/12/2021	Sun						Aquatic Centre Closed - Public Holiday
27/12/2021	Mon AM						Aquatic Centre Closed - Public Holiday
	Mon PM						
28/12/2021	Tue AM						Aquatic Centre Closed - Public Holiday
	Tue PM						
29/12/2021	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
30/12/2021	Thu AM		5am - 7am	5am - 7am	5am - 6.45am	5am - 6.45am	
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	
31/12/2021	Fri AM	5am - 7am	5am - 7am	5am - 7am			
	Fri PM						Aquatic Centre closed at 2pm

Additional holiday home sessions will be supplied to squad swimmers