

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: Wed 1 December 2021

January		Senior Performance Matt Brown	National Age Performance Ryan Frost	State Competition Daniel Benvenuti	Junior Competition Daniel Kucheruk	Transition Competition Alana Francis	Events
1/01/2022	Sat AM						Aquatic Centre Closed - Public Holiday
2/01/2022	Sun						
3/01/2022	Mon AM						Aquatic Centre Closed - Public Holiday
	Mon PM						
4/01/2022	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	
5/01/2022	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am	Metro North East 8am - 2pm
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
6/01/2022	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	
7/01/2022	Fri AM	5am - 7am	5am - 7am	5am - 7am			Metro South East 8am - 9.30pm
	Fri PM		4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm	
8/01/2022	Sat AM	6am - 8am	6am - 8am	6am - 8am			
9/01/2022	Sun						
10/01/2022	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am	Metro North West 8am - 4.30pm
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm		
11/01/2022	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	
12/01/2022	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
13/01/2022	Thu AM		5am - 7am	5am - 7am	5am - 6.45am	5am - 6.45am	
	Thu PM	4pm - 6pm			4.30pm - 6pm	4.30pm - 6pm	SOPAC Swim Club Twilight Meet: 6pm - 10pm
14/01/2022	Fri AM	5am - 7am	5am - 7am	5am - 7am			NSW Water Polo Festival 8am - 6pm
	Fri PM		Cabarita 4pm - 6.30pm				
15/01/2022	Sat AM	6am - 8am	6am - 8am	6am - 8am			
16/01/2022	Sun						
17/01/2022	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am	NSW Water Polo Festival 8am - 6pm
	Mon PM	Cabarita 4pm - 6.30pm					
18/01/2022	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM		Cabarita 4pm - 6.30pm				
19/01/2022	Wed AM	5am - 7am		5am - 7am	5am - 6.45am	5am - 6.45am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
20/01/2022	Thu AM	SNSW Senior State Age 7.30am - 9.30pm		5am - 7am	5am - 6.45am	5am - 6.45am	SNSW Senior State Age 7.30am - 9.30pm
	Thu PM						
21/01/2022	Fri AM			5am - 7am	5am - 6.45am	5am - 6.45am	
	Fri PM						
22/01/2022	Sat AM			6am - 7:30am	6am - 7:30am	6am - 7:30am	
23/01/2022	Sun						
24/01/2022	Mon AM			5am - 7am	5am - 6.45am	5am - 6.45am	
	Mon PM						
25/01/2022	Tue AM		5am - 7am	5am - 6.45am	5am - 6.45am		
	Tue PM		4pm - 6.30pm				
26/01/2022	Wed AM						Aquatic Centre Closed - Public Holiday
	Wed PM						
27/01/2022	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	
28/01/2022	Fri AM	5am - 7am	5am - 7am	5am - 7am			Australian Open Water
	Fri PM		4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm	
29/01/2022	Sat AM	6am - 8am	6am - 8am	6am - 8am			
30/01/2022	Sun						
31/01/2022	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am	
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm		