

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 November 2021

November 2021		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition
		Matt Brown	Ryan Frost	Daniel Benvenuti	Daniel Kucheruk	Alana Francis
1/11/2021	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm	
2/11/2021	Tues AM	5am - 7am	5am - 7am	5am - 7am		
	Tues PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm
3/11/2021	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
4/11/2021	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
5/11/2021	Fri AM	5am - 7am	5am - 7am	5am - 7am		
	Fri PM			4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm
6/11/2021	Sat AM	6am - 8am	6am - 8am	6am - 8am	Joint session: 8am - 10am (additional for Nov)	
7/11/2021	Sun					
8/11/2021	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm	
9/11/2021	Tues AM	5am - 7am	5am - 7am	5am - 7am		
	Tues PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm
10/11/2021	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
11/11/2021	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
12/11/2021	Fri AM	5am - 7am	5am - 7am	5am - 7am		
	Fri PM		4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm
13/11/2021	Sat AM	6am - 8am	6am - 8am	6am - 8am	Joint session: 8am - 10am (additional for Nov)	
14/11/2021	Sun					
15/11/2021	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm	
16/11/2021	Tues AM	5am - 7am	5am - 7am	5am - 7am		
	Tues PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm
17/11/2021	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
18/11/2021	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
19/11/2021	Fri AM	5am - 7am	5am - 7am	5am - 7am		
	Fri PM			4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm
20/11/2021	Sat AM	6am - 8am	6am - 8am	6am - 8am	Joint session: 8am - 10am (additional for Nov)	
21/11/2021	Sun					
22/11/2021	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm	
23/11/2021	Tues AM	5am - 7am	5am - 7am	5am - 7am		
	Tues PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm
24/11/2021	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
25/11/2021	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
26/11/2021	Fri AM	5am - 7am	5am - 7am	5am - 7am		
	Fri PM			4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm
27/11/2021	Sat AM	6am - 8am	6am - 8am	6am - 8am	Joint session: 8am - 10am (additional for Nov)	
28/11/2021	Sun					
29/11/2021	Mon AM	5am - 7.15am	5am - 7am		5am - 6.45am	5am - 6.45am
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4.30pm - 6.30pm	
30/11/2021	Tues AM	5am - 7.15am	5am - 7am	5am - 7am		
	Tues PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm