

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 August 2025

August 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathead	George Hanretty	Daniel Benvenuti	Anne Donaïre	SNSW Coaches
1/08/2025	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
2/08/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	
3/08/2025	Sun					
4/08/2025	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
5/08/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
6/08/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4.30pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm		
7/08/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
8/08/2025	Fri PM	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
9/08/2025	Sat AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	
10/08/2025	Sun					
11/08/2025	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
12/08/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
13/08/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
14/08/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4.30pm - 6.30pm	4pm - 5.15pm 5.15pm - 6.30pm
15/08/2025	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
16/08/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	
17/08/2025	Sun					
18/08/2025	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
19/08/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
20/08/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
21/08/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
22/08/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM	CANCELLED		CANCELLED		CANCELLED
23/08/2025	Sat AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	
24/08/2025	Sun					
25/08/2025	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
26/08/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
27/08/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
28/08/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
29/08/2025	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
30/08/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	
31/08/2025	Sun					

Training Cancelled

Training Change

Pool Session - Training Pool