COMPETITIVE SQUAD TRAINING SCHEDULE Effective: 1 August 2025

August :	2025	Banksia	Acacia	Wattle	Waratah	Bottlebrush
August 2025		James Greathead	George Hanretty	Daniel Benvenuti	Anne Donaire	SNSW Coaches
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
1/08/2025	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	о.тории о.оории
3/08/2025	Sun					
4/08/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	4pm - 5.15pm
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		5.15pm - 6.30pm
5/08/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		4pm - 5.15pm
	Tue PM				4pm - 6.00pm	5.15pm - 6.30pm
6/08/2025	Wed AM	5am - 7am	5am - 7am	4.00	5am - 7am	5.45am-7.00am
	Wed PM Thu AM	4.30pm - 6.30pm 5am - 7am	4.30pm - 6.30pm 5am - 7am	4.30pm - 6.30pm 5am - 7am		
7/08/2025		Sam - 7am	Daill - Taill	Sam - Tam		4pm - 5.15pm
	Thu PM				4pm - 6.00pm	5.15pm - 6.30pm
	Fri PM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
8/08/2025	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 Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
11/08/2025			Jaiii - 1 diii		Jaiii - Talli	4pm - 5.15pm
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		5.15pm - 6.30pm
12/08/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		4 5.45
	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		Anm E 1Enm
	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	3. Topin - 0.30pin
17/08/2025	Sun	F 7	F 7	F 7	F 7	
18/08/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	4pm - 5.15pm
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		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
	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
20/08/2025	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	22	
21/08/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
22/08//2025	Fri PM	CANCELLED	Julii Tulii	CANCELLED	Julii Tulii	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 Mon AM	5am - 7am	5am 7am	5am - 7am	5am - 7am	
25/08/2025	Mon AM		5am - 7am		Jam - Tam	4pm - 5.15pm
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		5.15pm - 6.30pm
26/08/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		4pm - 5.15pm
	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
,55,2520	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
28/08/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		4pm - 5.15pm
	Thu PM				4pm - 6.00pm	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	ა. rapin - ხ.აupm
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Training Cancelled
Training Change
Pool Session - Training Pool