COMPETITIVE SQUAD TRAINING SCHEDULE Effective: 1 September 2025

Septembe	er 2025	Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathead	George Harnetty	SNSW Coachig Staff	Anne Donaire	Jorden Pavlovski/lan Parl
1/09/2025	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
2/09/2025 3/09/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
3/09/2023	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
4/09/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		4pm - 5.15pm
	Thu PM	4pm - 6.30pm			4pm - 6pm	5.15pm - 6.30pm
5/09/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM			4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
6/09/2025	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am	3. 13pm - 0.30pm
7/09/2025	Sun					
8/09/2025	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
9/09/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm
	Wed AM		5am - 7am		5am - 7am	5.15pm - 6.30pm 5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	-	
11/09/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		4 5 45
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
12/09/2025	Fri PM			4pm - 6.30pm		4pm - 5.15pm
13/09/2025	Sat AM	6am - 7.30am	6am - 7.30am	6am - 7.30am	6am - 7.30am	5.15pm - 6.30pm
14/09/2025	Sun	Juli 1100uiii	ouiii 1100uiii	04.11 7.1004.11	04 7.004	
15/09/2025	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
16/09/2025 17/09/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		о. торит о.оорит
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm
	Wed AM	· · ·	5am - 7am		5am - 7am	5.15pm - 6.30pm 5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	odin rum	0. 10dili 7.00dili
18/09/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
19/09/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM			4pm - 6.30pm		4pm - 5.15pm
	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am	5.15pm - 6.30pm
21/09/2025	Sun	oani - oani	oaiii - oaiii	oani - oani	Oaiii - Oaiii	
22/09/2025	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
	Tue AM	5am - 7am	5am - 7am	5am - 7am		J. 13pill - 0.30pill
23/09/2025	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm
	Wed AM	0.000	5am - 7am		5am - 7am	5.15pm - 6.30pm 5.45am-7.00am
24/09/2025	Wed AM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	Jaiii - Taiii	3.43am-7.00am
25/09/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
26/09/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM			4pm - 6.30pm		4pm - 5.15pm
07/00/0005		Cam. 0	Gam. 0		Cam. 0	5.15pm - 6.30pm
27/09/2025 28/09/2025	Sat AM Sun	6am - 8am	6am - 8am	6am - 8am	6am - 8am	
29/09/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm
	Tue AM	5am - 7am	5am - 7am	5am - 7am		5.15pm - 6.30pm
30/09/2025			Çam - ram	Julii - Fulli	Ann Gr	4pm - 5.15pm
	Tue PM	4pm - 6.30pm			4pm - 6pm	5.15pm - 6.30pm

Training Cancelled
Training Change
Pool Session - Training Pool