

COMPETITIVE SQUAD TRAINING SCHEDULE
Effective: 1 September 2025

September 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathead	George Harnetty	SNSW Coachig Staff	Anne Donaire	Jorden Pavlovski/Ian Park
1/09/2025	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
2/09/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
3/09/2025	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
4/09/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 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	
7/09/2025	Sun					
8/09/2025	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
9/09/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
10/09/2025	Wed AM		5am - 7am		5am - 7am	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		
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
12/09/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM			4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
13/09/2025	Sat AM	6am - 7.30am	6am - 7.30am	6am - 7.30am	6am - 7.30am	
14/09/2025	Sun					
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	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
17/09/2025	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
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 5.15pm - 6.30pm
20/09/2025	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am	
21/09/2025	Sun					
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
23/09/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
24/09/2025	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
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 5.15pm - 6.30pm
27/09/2025	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am	
28/09/2025	Sun					
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 5.15pm - 6.30pm
30/09/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm

Training Cancelled

Training Change

Pool Session - Training Pool