

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 January 2026

January 2026		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greadhead	George Harnetty	Chelsea Black	Matthew Kearney	Ian Park/Jorden Pavlovski
1/01/2026	Thu AM		Christmas/New Year Break			
	Thu PM					
2/01/2026	Fri AM					
	Fri PM					
3/01/2026	Sat AM	8am - 9:30am				
4/01/2026	Sun					
5/01/2026	Mon AM	7am - 9am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4:30pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
6/01/2026	Tue AM	7am - 9am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
7/01/2026	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4:30pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
	Thu AM	7am - 9am	5am - 7am	5am - 7am		
8/01/2026	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
9/01/2026	Fri AM	7am - 9am	5am - 7am		5am - 7am	
	Fri PM			4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
10/01/2026	Sat AM	7am - 9am	6am - 8am	6am - 8am	6am - 8am	
11/01/2026	Sun					
12/01/2026	Mon AM	7am - 9am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4:30pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
13/01/2026	Tue AM	7am - 9am	5am - 7am	5am - 7am		
	Tue PM	4:30pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
14/01/2026	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4:30pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
	Thu AM	7am - 9am	5am - 7am	5am - 7am		
15/01/2026	Thu PM	4:30pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
16/01/2026	Fri AM	7am - 9am	5am - 7am		5am - 7am	
	Fri PM			4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
17/01/2026	Sat AM	7am - 9am	6am - 8am	6am - 8am	6am - 8am	
18/01/2026	Sun					
19/01/2026	Mon AM	5:30am - 7am	5:30am - 7am		5:30am - 7am	
	Mon PM	4:30pm - 6.30pm	4:30pm - 6.30pm	4:30pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
20/01/2026	Tue AM	5:30am - 7am	5:30am - 7am	5:30am - 7am		
	Tue PM	4:30pm - 6.30pm			4:30pm - 6.30pm	4pm - 5.15pm 5.15pm - 6.30pm
21/01/2026	Wed AM				5:30am - 7am	5:30am - 7am
	Wed PM	4:30pm - 6.30pm	4:30pm - 6.30pm	4:30pm - 6.30pm		
	Thu AM	5:30am - 7am	5:30am - 7am	5:30am - 7am		
22/01/2026	Thu PM	4:30pm - 6.30pm			4:30pm - 6.30pm	4pm - 5.15pm 5.15pm - 6.30pm
23/01/2026	Fri AM	5:30am - 7am	5:30am - 7am		5:30am - 7am	
	Fri PM		4:30pm - 6.30pm	4:30pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
24/01/2026	Sat AM	6am - 8am	6am - 8am	5:30am - 7am	5:30am - 7am	
25/01/2026	Sun					
26/01/2026	Mon AM					
	Mon PM					
27/01/2026	Tue AM	7am - 9am	5:30am - 7am	5:30am - 7am		
	Tue PM	4:30pm - 6.30pm			4:30pm - 6.30pm	4pm - 5.15pm 5.15pm - 6.30pm
28/01/2026	Wed AM				5:30am - 7am	5:30am - 7am
	Wed PM	4:30pm - 6.30pm	4:30pm - 6.30pm	4:30pm - 6.30pm		
	Thu AM	7am - 9am	5:30am - 7am	5:30am - 7am		
29/01/2026	Thu PM	4:30pm - 6.30pm			4:30pm - 6.30pm	4pm - 5.15pm 5.15pm - 6.30pm
30/01/2026	Fri AM	7am - 9am	5:30am - 7am		5:30am - 7am	
	Fri PM		4:30pm - 6.30pm	4:30pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
31/01/2026	Sat AM	6am - 8am	6am - 8am	5:30am - 7am	5:30am - 7am	

Training Cancelled

Training Change

Pool Session - Training Pool

Training Offsite (Auburn)