

# COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 February 2026

February 2026		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathhead	George Harnetty	Chelsea Black	Matthew Kearney	Ian Park/Jorden Pavlovski
1/02/2026	Sun					
2/02/2026	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
3/02/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am		4pm - 5.15pm 5.15pm - 6.30pm
	Tue PM	4pm - 6.30pm			4pm - 6pm	5.45am-7.00am
4/02/2026	Wed AM		5am - 7am		5am - 7am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
5/02/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm
6/02/2026	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Fri PM					Training Moved to Fri AM
7/02/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am	
8/02/2026	Sun					
9/02/2026	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
10/02/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am
	Tue PM	4pm - 6.30pm			4pm - 6pm	Training Moved to Tue AM
11/02/2026	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
12/02/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am
	Thu PM	4pm - 5:30pm			4pm - 5:30pm	Training Moved to Thu AM
13/02/2026	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Fri PM					Training Moved to Fri AM
14/02/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am	
15/02/2026	Sun					
16/02/2026	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
17/02/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Tue PM	4pm - 6.30pm			Training Moved to Tue AM	Training Moved to Tue AM
18/02/2026	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
19/02/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am
	Thu PM	4pm - 5:30pm			4pm - 5:30pm	Training Moved to Thu AM
20/02/2026	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Fri PM					Training Moved to Fri AM
21/02/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am	
22/02/2026	Sun					
23/02/2026	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
24/02/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Tue PM	4pm - 6.30pm			Training Moved to Tue AM	Training Moved to Tue AM
25/02/2026	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
26/02/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Thu PM	4pm - 6.30pm			Training Moved to Thu AM	Training Moved to Thu AM
27/02/2026	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am
	Fri PM					Training Moved to Fri AM
28/02/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am	

Training Cancelled

Training Change

Pool Session - Training Pool