

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 December 2023

December 2023		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Youth / Uni Competition	Events					
		Matt Brown	Ryan Frost	Daniel Benvenuti	Pancha Thambo	William Choi	Daniel Benvenuti						
1/12/2023	Fri AM	5am - 7am	5am - 7am	5am - 7am			5.15am - 6.45am	Gilroy Catholic College Swimming Carnival	9am - 2pm				
	Fri PM	4pm - 6pm	4pm - 6pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm							
2/12/2023	Sat AM	6am - 8am	6am - 8am	6am - 8am									
3/12/2023	Sun												
4/12/2023	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am	5.15am - 6.45am						
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm								
5/12/2023	Tue AM	5am - 7am	5am - 7am	5am - 7am									
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm						
6/12/2023	Wed AM	5am - 7am			5am - 7am	5am - 7am							
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm						
7/12/2023	Thu AM		5am - 7am	5am - 7am	5am - 7am	5am - 7am							
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm						
8/12/2023	Fri AM	5am - 7am	5am - 7am	5am - 7am			5.15am - 6.45am						
	Fri PM	4pm - 6pm	4pm - 6pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm							
9/12/2023	Sat AM	6am - 8am	6am - 8am	6am - 8am									
10/12/2023	Sun												
11/12/2023	Mon AM	NSW Senior State Age Championships - 10 - 16 December Swimmers can organise a session at 5am - 7am with individual coaches: Coaches Pancha & William will supervise			5am - 7am	5am - 7am	5am - 7am	NSW Senior State Age Championships	7.30am - 9pm				
	Mon PM												
12/12/2023	Tue AM				5am - 7am	5am - 7am	5am - 7am						
	Tue PM												
13/12/2023	Wed AM				5am - 7am	5am - 7am	5am - 7am						
	Wed PM												
14/12/2023	Thu AM				5am - 7am	5am - 7am							
	Thu PM												
15/12/2023	Fri AM				5am - 7am	5am - 7am	5am - 7am						
	Fri PM												
16/12/2023	Sat AM	6am - 7.30am	6am - 7.30am										
17/12/2023	Sun												
18/12/2023	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am	5.15am - 6.45am						
	Mon PM			4pm - 6.30pm	4pm - 6.30pm								
19/12/2023	Tue AM	No Training	No Training	No Training									
	Tue PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm						
20/12/2023	Wed AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am							
	Wed PM	No Training	No Training	4pm - 6.30pm			6.30pm - 7.45pm						
21/12/2023	Thu AM		No Training	5am - 7am	5am - 7am	5am - 7am							
	Thu PM	4pm - 6.30pm	4pm - 6.30pm		4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm						
22/12/2023	Fri AM	5am - 7am	5am - 7am	5am - 7am			5.15am - 6.45am						
	Fri PM	No Training											
23/12/2023	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am	6am - 8am							
24/12/2023	Sun												
25/12/2023	Mon AM	No Training						Christmas Eve	6am - 3pm				
	Mon PM							Christmas Day - Aquatic Centre Closed					
26/12/2023	Tue AM	Coaches will supply swimmers with self session.				Squad Christmas & New Year Break				Boxing Day - Public Holiday	6am - 8pm		
	Tue PM												
27/12/2023	Wed AM												
	Wed PM												
28/12/2023	Thu AM												
	Thu PM												
29/12/2023	Fri AM												
	Fri PM												
30/12/2023	Sat AM												
31/12/2023	Sun												
								New Year's Eve	6am - 3pm				

- Training Cancelled
- Training Change
- Pool Session - Training Pool