



Squad Training Schedule August 2023

Intro Squad (1-2 sessions / week) Waves Coach: Tahlia/Kate/Louanna/Clare

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00pm Clare	4:00-5:00pm Kate	5:00-6:00pm Kate	4:00-5:00pm Kate	5:00-6:00pm Louanna	1:00-2:00pm Kate

Development Squad (2-3 sessions / week) Waves Coach: Tahlia/Kate/Louanna

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00pm Tahlia	6:30-7:30pm Kate	6:00-7:00pm Kate	5:00-6:00pm Kate 6:00-7:00pm Kate	6:00-7:00pm Louanna	2:00-3:00pm Kate

Junior Squad (3- 4 sessions/week required) MGGS Coach: Meg/Kate/Lou

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:45pm MGGA Meg Dryland 5:45-6:15pm	5:00-6:30pm Waves Kate	5:30-7:00am Waves Meg	6:00-7:30pm MGGS Meg	4:30-6:00pm MGGS Meg	6:30-8:00am Bluefit Meg/Kate

State Squad (5 sessions / week required) Waves Coach: Sharon/Liam

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-7:45pm MGGA Sharon Dryland 5:45-6:15pm	5:30-7:00am Waves Liam Priority session		5:30-7:00am Waves Sharon Priority session 4:45-7:00pm Waves Sharon Priority session	4:15-6:00pm MGGA Sharon Priority session	6:00-8:00am Waves Sharon

* dryland activation time included in afternoon session time

National Development Squad (6 sessions / week required) Waves Coach: Liam

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

5:30-7:30am Waves Liam Priority session	4:45-7:00pm NPAC Liam Dryland 4:45-5:00 Priority session	5:30-7:30am Waves Liam	6:00-7:45pm NPAC Liam Priority session	4:15-6:00pm MGGA Liam	6:00-8:00am Waves Liam Priority session
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National Performance Squad (9 sessions) Waves & NPAC Coach: Kelly

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:30am NPAC Kelly	5:30-7:30am NPAC Kelly	5:30-7:30am NPAC Kelly		5:30-7:30am Waves Kelly	6:45-9:00am NPAC Kelly
4:15-7:15pm NPAC Kelly 6:30-7:15pm Gym		4:15-6:30pm NPAC Kelly	4:15-7:15pm NPAC Kelly 6:30-7:15pm Gym	4:15-6:30pm NPAC Kelly	

Youth Squad (1 – 4 sessions / week available) Waves Coach: Louanna/Kate

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00pm Tahlia	7:30-8:30pm Kate	7:00-8:00pm Louanna		7:00-8:00pm Louanna	

Senior Squad (1-4 sessions / week available) Waves Coach: Amber/Lou/Kate

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:30pm Tahlia	7:30-8:30pm Kate	7:00-8:30pm Louanna	7:00-8:30pm Kate	7:00-8:30pm Louanna	

Adult Squad (1-2 sessions / week available) Waves Coach: Sharon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-7:00am			5:30-7:00am	

* All swimmers must be coming to training prepared to complete dryland (in runners not thongs or ugg boots or school shoes).

* All swimmers must bring appropriate equipment to all sessions including a drink bottle.

