



## Squad Training Schedule

### Intro Squad (1-2 sessions / week) Waves Coach: Kelly

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00pm		5:00-6:00pm	4:00-5:00pm	5:00-6:00pm	1:00-2:00pm Sharon

### Development Squad (2-3 sessions / week) Waves Coach: Kelly

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00pm		6:00-7:00pm	5:00-6:00pm 6:00-7:00pm	6:00-7:00pm	2:00-3:00pm Sharon

### Sub-Junior Squad (3 sessions / week required) MGGS Coach: Courtney

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:30pm 6-6:30pm DRY	6:30-7:30pm	4:15-5:00pm DRY Waves	6:00-7:30pm	5:00-6:30pm	8:00-9:30am

### Junior Squad (4 sessions / week required) MGGS Coach: Courtney

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:30pm 6-6:30pm DRY	6:30-7:30pm	5:30-7:00am Waves 4:15-5:00pm DRY Waves	6:00-7:30pm	5:00-6:30pm	8:00-9:30am

### State Squad (5 sessions / week required) Waves Coach: Antony

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am 4-5pm DRY Waves	5:00-7:00pm	5:30-7:00am 5:00-5.45pm DRY Waves	5:00-7:00pm	5:00-6:30pm	6:00-8:00am

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am	5:30-7:00am Noble Park 5:00-7:00pm Waves		5:30-7:00am Noble Park 5:00-7:00pm Waves	5:30-7:00am	6:00-8:00am

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**Youth Squad (1 - 4**

**sessions / week available) Waves Coach: Kelly**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
7:00-8:00pm	7:00-8:00pm	7:00-8:00pm		7:00-8:00pm	

**Senior Squad (1-4 sessions / week available) Waves Coach: Kelly**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	

**Adult Squad (1-3 sessions / week available) Waves Coach: Sharon**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	5:30-7:00am		5:30-7:00am	5:30-7:00am	