



Squad Training Schedule April 2023

Intro Squad (1-2 sessions / week) Waves Coach: Jess/Kate

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

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

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

Junior Talent Development Squad (3 sessions/week required) Coach: Meg/Antony/Kate/Lou

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:30pm MGGS Meg	4:30-6:00pm Waves Kate	5.30-7.00am Waves 5-6pm DRY Waves Meg	6:00-7:30pm MGGS Antony & Meg	4:30-6:00pm MGGS Meg & Lou	6:30-8.00am Waves Antony & Kate

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:30pm MGGS Meg	4:30-6:00pm Waves Kate	5:30-7:00am Waves 5:00-6:00pm DRY Waves Meg	6:00-7:30pm MGGS Antony & Meg	4:30-6:00pm MGGS Meg & Lou	6:30-8.00am Waves Antony & Kate

State Squad (5 sessions / week required) Waves Coach: Antony & Kate/Nic

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am	5:30-7:00am 5.10-5.50pm Dry 6:00-7:30pm	5:00-6:00pm DRY Waves	5:30-7:00am 5:00-7:00pm	5:30-7:00am	6:00-8:00am

National Development Squad (6 sessions / week required) Waves Coach: Antony & Kate/Nic

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am	5:30-7:00am 5.10-5.50pm Dry 6:00-7:30pm		5:30-7:00am 5:00-7:00pm	5:30-7:00am	6:00-8:00am

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

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

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

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

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

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