



Squad Training Schedule 2023

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

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

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

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

Junior Talent Development Squad (3 sessions/week required) Coach: Courtney & Meg/Kate

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:30pm MGGS	4:30-6:00pm Waves Courtney & Kate	5:30-7:00am Waves 5:00-6.00pm DRY Waves	6:00-7:30pm MGGS	5:00-6:30pm MGGS Meg LG	6:30-8.00am Waves

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 Amber	7:00-8:00pm Louanna		7:00-8:00pm Kate	

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

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 Kate	

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

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