

## Squad Timetable

### VENUES / LEGEND

Venue	Explanation
SBP	Scarborough Beach Pool, sessions shown in WHITE. All sessions start at hill side of the main pool.
Churchlands	Churchlands Senior High School Pool, sessions shown in YELLOW.
Friday PM Alternating venues	<p><b>COMMENCING May 13<sup>th</sup> 2022</b></p> <p>Friday nights alternating venues for most squads (except with Club Nights are scheduled). One week at Churchlands, then following week at SBP, alternating.</p> <p>For National Performance</p> <ul style="list-style-type: none"> <li>Wk1 Commencing May 13<sup>th</sup> then fortnightly : <b>SBP</b> 4-4:30pm Activation, 4:30-6:30pm Swim</li> <li>Wk2 Commencing May 21<sup>st</sup> then fortnightly : <b>Churchlands</b> 4-4:30 Activation, 4:30-6:30pm Swim.</li> </ul> <p>For ALL JUNIOR aged swimmers from Dolphins Bronze to National Development (aged up to 12yo for girls, 13yo for boys)</p> <ul style="list-style-type: none"> <li>Wk1 Commencing May 13<sup>th</sup> then fortnightly, Junior Friday night racing @ <b>Churchlands</b> 4:30-6:30pm</li> <li>Wk2 Commencing May 21<sup>st</sup> then fortnightly, normal training timetable @ <b>SBP</b>.</li> </ul>
SSLSC Gym	Personal training @ Scarborough SLSC Gymnasium

## Squad Timetable

### DOLPHINS BRONZE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		7:00-7:45 (Madi)		7:00-7:45 (Madi)		
PM					<b>**Alternating Weeks</b> Wk1) Racing@Churchlands 4:30-6:30pm Wk2) NO TRAINING	

### DOLPHINS SILVER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						8:00-8:45 (Madi)
PM Session 1		4:15-5:00 (Shannon)		4:15-5:00 (Shannon)	<b>**Alternating Weeks</b> Wk1) Racing@Churchlands 4:30-6:30pm Wk2) NO TRAINING	
PM Session 2		5:00-5:45 (Shannon)		5:00-5:45 (Shannon)		

### DOLPHINS GOLD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM	4:15-5:00 (Shannon)		4:15-5:00 (Shannon)		<b>** Alternating weeks</b> Wk1) Racing@Churchlands 4:30-6:30pm Wk2) SBP 4:15-5:00 (Shannon)	

## Squad Timetable

### JUNIOR DEVELOPMENT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM	4:15-5:15 (Drew)	5:45-6:45 (Shannon)	4:15-5:15 (Drew)	5:45-6:45 (Shannon)	** Alternating weeks Wk1) Racing@Churchlands 4:30-6:30pm Wk2) SBP 4:15-5:15 (Drew)	

### JUNIOR STATE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM	5:15-6:45 (Drew)	4:15-5:45 (Drew)	5:15-6:45 (Drew)	4:15-5:45 (Drew)	** Alternating weeks Wk1) Racing@Churchlands 4:30-6:30pm Wk2) SBP 5:15-6:45 (Drew)	

### JUNIOR PERFORMANCE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
AM			5:30-7:30 (Drew)		12yo and Over Gym 5:00-6:00 (Allie) Scarboro SLSC Gym Swim 6:00-7:30 (Shannon)	Under 12yo 5:30-7:00 (Drew) Churchlands	Run 6:00-7:00 Swim 7:00-9:00 (Cam / Drew)
PM	5:15-6:45 (Drew)	4:15-5:45 (Drew)		4:15-5:45 (Drew)	**Alternating weeks Wk1) Racing@Churchlands 4:30-6:30pm Wk2) SBP 5:15-6:45 (Drew)		

# Squad Timetable

## NATIONAL DEVELOPMENT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:30-7:30 (Shannon)	5:00-7:00 (Shannon) Churchlands	5:30-7:30 (Shannon)	Gym 5:00-6:00 (Allie) Scarboro SLSC Gym Swim 6:00-7:30 (Shannon)	Run 6:00-7:00 Swim 7:00-9:00 (Cam / Drew)
PM	5:00-7:00pm (Shannon)	Gym 4:15-5:15 (Cam/Allie) Scarboro SLSC Gym	5:00-7:00 (Shannon)		** Juniors Only Alternating Weeks Wk1) Racing@Churchlands 4:30-6:30 Wk2) SBP 5:00-7:00 (Shannon) ** Non-Juniors SBP Every Week 5:00-7:00 (Shannon)	

## NATIONAL PERFORMANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30 -7:30 (Cam)	5:30-7:30 (Cam)		5:30-7:30 (Cam)	5:30-7:30 (Cam)	Gym 6:00-7:00 (Allie) Scarboro SLSC Gym Swim 7:00-9:00 (Cam / Drew)
PM	Land 4-4:30 Swim 4:30-6:30 (Cam) Churchlands	Gym 4:15-5:15 (Cam/Allie) Scarboro SLSC Gym	Land 4-4:30 Swim 4:30-6:30 (Cam) Churchlands	Gym 4:15-5:15 (Sarah) Scarboro SLSC Gym	** Alternating Weeks Wk1) Activation 4:00-4:30 Swim 4:30-6:30 SBP (Cam) Wk2) Land 4:00-4:30 Swim 4:30-6:30 Churchlands (Cam)	

## Squad Timetable

### STATE AGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30–7:00 (Drew) Churchlands		5:30–7:00 (Shannon) Churchlands		5:30–7:00 (Drew) Churchlands	9:00–10:30 (Madi) SBP
PM		5:45-7:15 (Drew - SBP)		5:45-7:15 (Drew - SBP)		

### FITNESS & SURF

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						9:00-10:30 (Madi)
PM		5:45-7:15 (Drew)		5:45-7:15 (Drew)		

### COMPETITIVE FITNESS & SURF

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:00 (AJ)		5:30-7:00 (AJ)		5:30-7:00 (AJ)	
PM						